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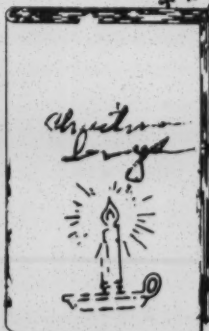
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COMING OF AGE

All around us, we are besieged by "New Age Awareness" — groups, lectures, classes, papers, books, conferences, fairs. So much growth and activity, it is impossible to keep up with it all. But it seems slightly ironic that it is being promoted as something 'new', when you find as you study the teachings, that they come from the most ancient of the so-called "mysteries", — messages and revelations passed down to mankind through many centuries of earth's history.

These teachings have exploded in the present times because of the freedom that our country allows in religious thought, which naturally pleases some factions of humanity and upsets others. It is nevertheless true that although the time and conditions are right for the 'blossoming of new spiritual growth', the 'seeds' have never been destroyed.

During the past 25 years or so, the intellectual curiosity of people has been captured by the phenomena aspect of the psychic realms, but the real growth behind this 'blossoming' is the spiritual fruit that is now ripening for the harvest.

God has provided the seeds and the perfect growing conditions. The rest is up to each one of us individually. Since he has given us free will and complete dominion over our lives, our development is our own choice. We truly believe He loves the fruit of the lemon or the quince as dearly as that of the more exotic banana or date palm. So what fruit you bear is not as important as the fact that you produced it — (it did not wither and die on the vine).

May you not only have a bountiful harvest — but may you remember to be thankful for the 'seeds' and the 'conditions' of growth, provided to you in your life. Abundant Thanksgiving Blessings to All.

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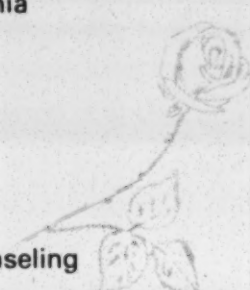
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SPIRIT PHOTOGRAPHY

SPIRIT MANIFESTATIONS ON A SAN FRANCISCO BAY AREA TV SHOW



SEYMOUR LOCKS AND LYNN DAVIS DURING HER "WITHOUT A DOUBT" TV SHOW (1972). The light disk between Seymour and Lynn was observed by the live audience and the TV viewers as being quite unusual phenomena, interpreted by some as being spirit manifestations.

SPIRIT PHOTOGRAPHY—

DOUBTING — “WITHOUT A DOUBT”

PATRICIA WORTMAN

On May 21, 1972, I sat in the TV Channel 20 studio in Hayward, California, watching a rather unusual thing take place. The occasion was a television show hosted by Lynn Davis, a trance medium and psychic researcher and founder of the Ana Foundation. The show, called “Without a Doubt”, aired weekly and always presented an excellent array of people involved in the psychic/metaphysical field.

On this day, I was asked to be present to watch the live show. The guest for the day was Seymour Locks of San Francisco, a professor of Art and Sculpture at San Francisco State University, and since I am deeply involved in the field of art, I was interested in what would take place.

What did take place was not what was expected by anyone. Lynn talked to Seymour about his work at the University, and gradually led him into his work over the last few years with “spirit photography”. It seems that many times when he does photography work, other things appear on the film. Why, no one is sure. But when it happens, it does. As the very interesting conversation proceeded, I began to notice a rather strange kind of whitish appearance in front of the dark blue curtain behind Lynn and Seymour. At first I thought I was seeing things. Then I began to realize that what was there was

taking a shape. I suspected that by some chance I was seeing things with a “psychic eye” rather than a physical one. I sat watching the phenomena behind the speakers and realized neither was aware that anything was going on.

I glanced over at one of the cameramen, a young man, about 20, and noticed that he was looking quizzically into the camera, and then to the side of it. He appeared puzzled, and surprised. He kept glancing first into the camera and then to the side of it. Then he began to motion to the other cameraman across the room. Soon, both were making frantic motions to each other. I realized that I was not the only one seeing what was in front of us. About this time other people in the room, about ten, also began to notice this strange phenomena. I wrote a note to Lynn, which someone else handed to her, so that those on stage could be aware of what was happening. Calls began to come into the studio. Viewers were seeing things on their television screens. Lynn, was not sure what we were seeing, as she and Seymour were too close to it. Suddenly I began to see other lights and shapes across the stage behind them. Faces appeared, and in some places just a whitish wispy sort of vapor. Between Lynn and Seymour, just behind them, appeared the face of a man with a beard, then a full figure in sort of a vapor-like substance. Who he was I do not know. Needless to

say, things got very interesting as we all realized that in the bright light of the studio, we were really seeing with the physical eye something quite unusual.

As the program proceeded, the filmy appearances gradually disappeared. Lynn and Seymour discussed this later, and, to this day, we are not sure who this person was that materialized. It might possibly have been either Lynn's guide or teacher or Seymour's.

During this appearance, luckily, one of the cameramen took a polaroid picture of the stage. This picture (opposite page) was shown in the April 22, 1973 issue of the Tattler. However, the picture shows only the vapor like film, not the figure. Later, letters and phone calls were received from people who were watching the program on their screens. Those who had colored sets, claimed to have seen a greenish hue behind Lynn and Seymour. Those with black and white sets said the vapor substance was a whitish mass. Many saw the face of the man. Others felt it was just a vapor-like substance. None seemed sure what it really was.

Why did this apparition take place in the studio, and with these people present? No one knows why. Spirit photography, apparitions—whatever—it can lead to some interesting speculation.

SPIRIT PHOTOGRAPHY—

IMAGES OF THE UNKNOWN

Patricia Wortman & Jeanne Kilburn

We recently conducted a most interesting interview with Seymour Locks and his wife Fay, in their home in San Francisco. We were shown many photographs of his "spirit" photography, and discussed with him how he had become involved in this field.

Seymour Locks, for many years has been on the staff of San Francisco State University as a professor of Sculpture, Painting and Photography. His metaphysical interests started many years ago, and he has studied many fields including the Hermetic philosophy, Alchemy, and has done much in psychic research.

His courses reflect the unusual material he has gathered and experienced, and some of his course titles indicate that influence, such as: "The Magical Object in Sculpture", "Myth, Magic and Legend", "Psychic Photography", and "Magic and Ritual". His art and sculpture have been exhibited since 1938.

For the past ten years Seymour has been working with Ivan St. John, a trance medium, who has a guide named Tony. Together they explore the spiritual realms of psychic and spirit. Through this they were guided and directed how to obtain and do this kind of photography. Over the years many very unusual and strange pictures have resulted. There were some in which one of the persons in the scene did not appear in the

developed picture. In others, some of the inanimate objects failed to appear. These effects were not sought, nor were they explainable as any photographic mishaps. In another series of pictures bright spots would appear after development that could not be explained.

During the early studies with Ivan, when Seymour and Ivan were studying light and color, a person in the spirit world by the name of Emanuel came forth to assist Seymour with his "spirit" photography. Between the two, many years have been spent dealing with the various aspects of the occult field, not just phenomena. Many experiments were done exposing film by the use of the hands only. Done in a carrier in a dark room under very special conditions, many pictures were created showing a very close working relationship between people on this plane and on the

spirit plane, bringing forth teachings in a very interesting form. The "spirit" from the other side often set up special ways of teaching Seymour and Ivan to convince them that they were not just interested in phenomena, but that this was a learning period for both. One of the questions asked Seymour was, why him? His answer seemed to indicate that people who are into this work can be contacted easier, perhaps. Seymour feels that when you set your goals, for things to occur in a certain way, they do. Most people are still trying to "prove" spirit photography. Seymour and Ivan no longer have to be convinced so they just go ahead and do it. Over the years they have gone beyond the realm of "camera flukes" and such. Many hours have been involved in the taking of pictures, developing and analyzing. Now they can enjoy what they do as well.



SPIRIT PHOTOGRAPHY—

STRANGE DEVELOPMENTS

SEYMOUR LOCKS

Psychic photographs are the result of essentially the same force that creates other phenomena. Although we are not completely aware of the entire processes involved in the image making, we have, through experience, learned how to set up a harmonious condition for the work. We also, after considerable viewing, learned how to evaluate these pictures, to discover similarities in order to discover, perhaps, the state of consciousness of the photographer when the images were created.

To express it as simply as possible, in my view images are established by thought. Some researchers, such as Professor Fukari, of Japan, called these psychic images "thought forms". The early photographs made

psychically by William Muanler, Billy Hope, and others, in the nineteenth century, were predominantly "Spirit Photography". For whatever reasons, more recent work has what seems to be a greater variety of subjects and manifestations. My own photographs, for example, show on the same negative two separate places, usually miles apart.

Photo No. 1:

This photograph was what I had intended to be a souvenir snapshot photograph in Hawaii, in an area known as Kahalu. The film was put in the camera in the countryside where the photograph was made. The film—black and white, Tri-X, a conventional pro-

duct—was removed from the camera at the site of the photograph when finished. In addition to the countryside is a very clear and graphic representation of my dark-room, displaying a desk and paraphernalia. Other photos at the same site were equally mystifying in their presentations.

Photo No. 2:

This landscape of the coastline illustrates several images, as if I had deliberately double or triple-exposed. This is not the method used, however. Each new experience has naturally invited speculation about the phenomena. This view makes one wonder about time. Is this history of the

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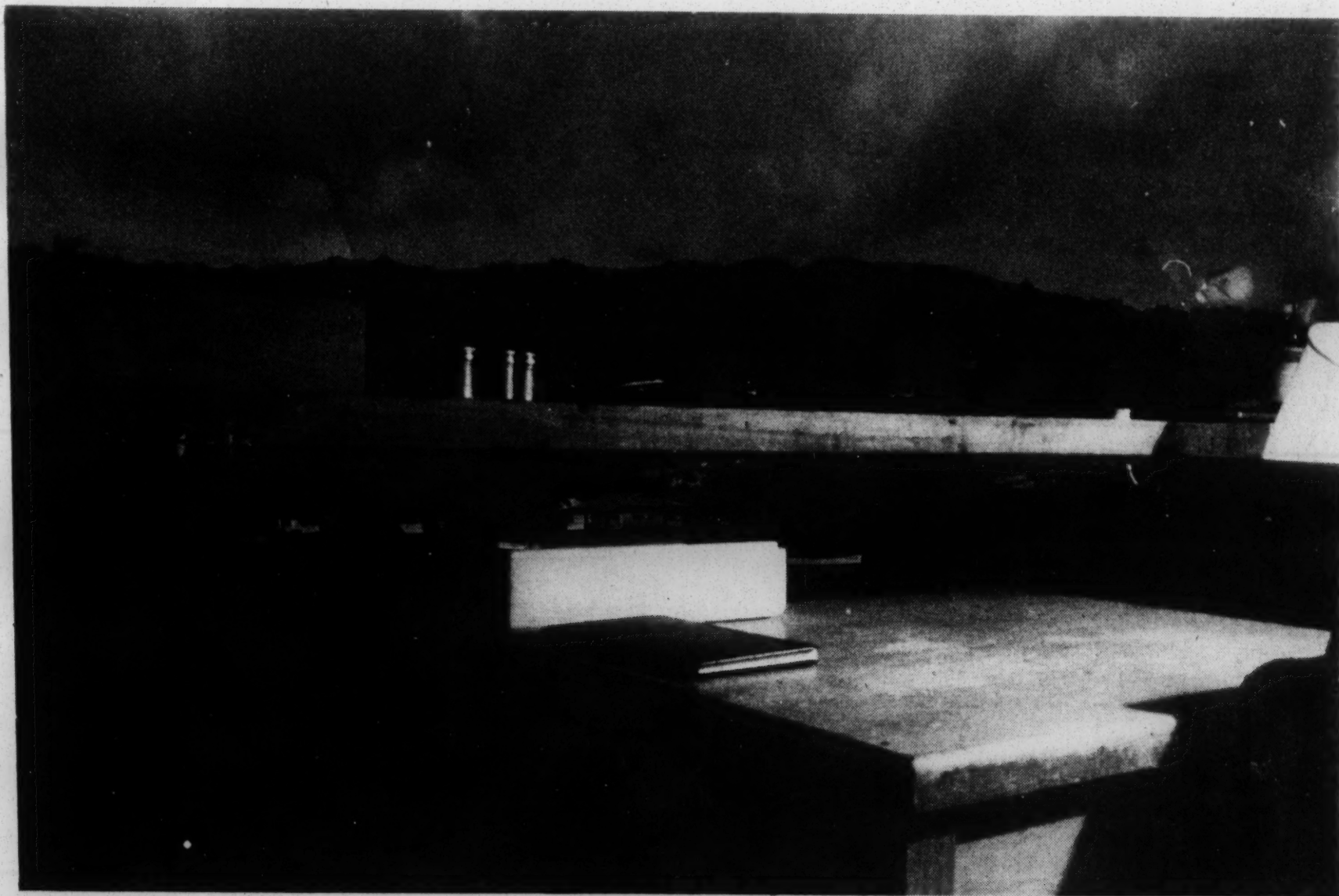


PHOTO NO 1

past? Or is it a prediction of the future?

In the past when this and other phenomena were beginning to baffle both the participants and the skeptics, a great effort was made to justify and defend the authenticity of the work, and an even greater effort was made to debunk and expose the activity as fraudulent. Elaborate programs were devised to rule out accident and deception. My opinion, after ten years of this work, is that enough evidence has appeared since 1860 to convince me of the futility of continuing the practices. I feel it is now time to realize the importance these phenomena have to our view of life, not necessarily to survival and reincarnation issues, but the resulting effect this evidence has on our spiritual and material lives.

We no longer are photographing to get evidence that a "deceased loved one" still exists "out of the body" for mere comfort for the "survivors". A broader spectrum can now be studied related to the development of each individual.

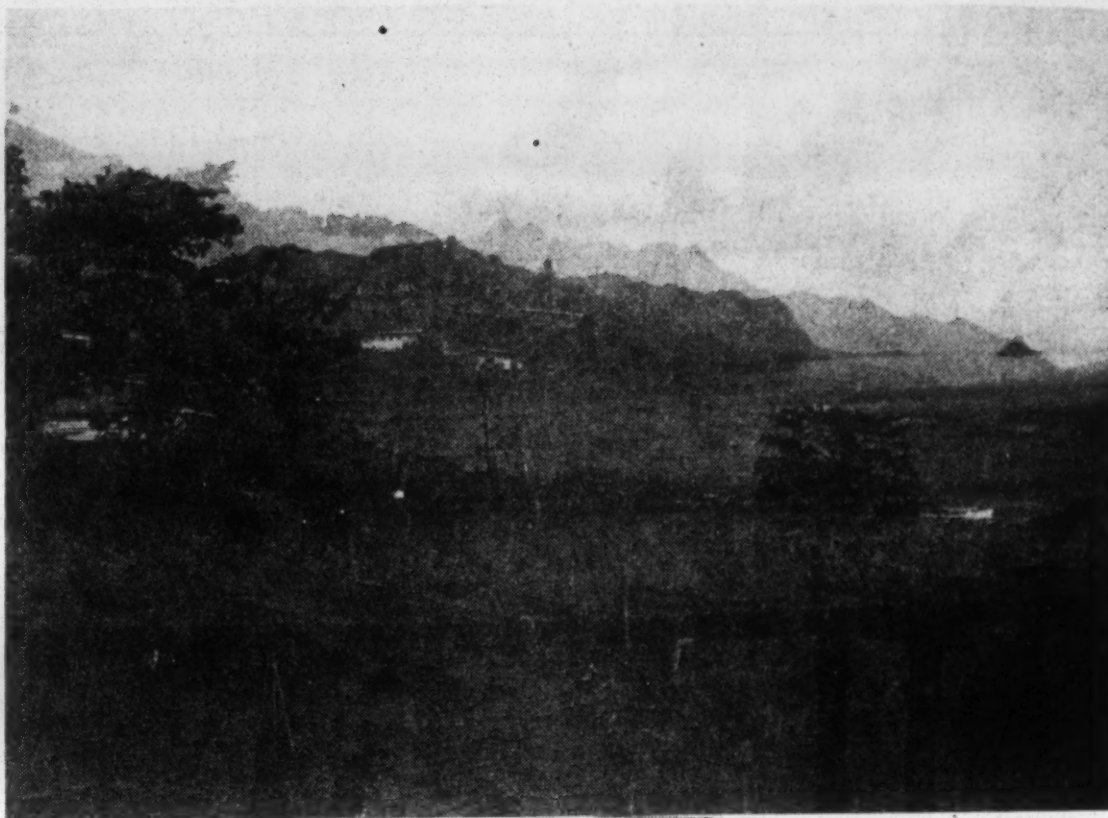


PHOTO NO. 2

Photo No. 3:

When looking at this personage, whose upper body does not appear in the chair, but whose lower limbs are evident, one has

to ask where the body has gone. The person in the chair (or partly in the chair) is Ivan St. John, a medium who entrances. At this particular session, we had just finished a seance in which coins had been apported.

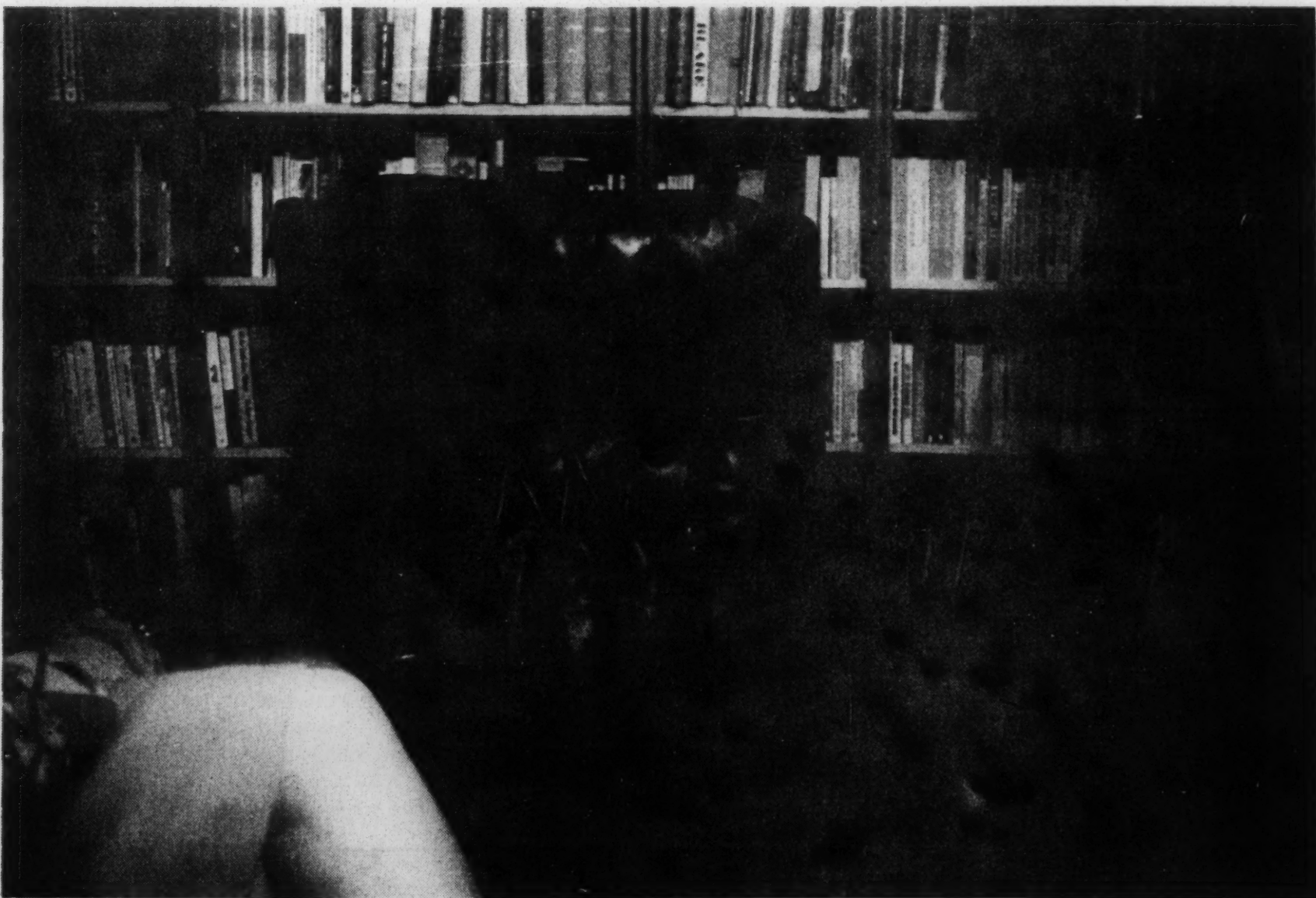


Photo No. 4:

In this and the next photograph of Ivan St. John, you can discern a variety of manifestations. My wife, on the left, had just handed the

still warm American fifty-cent piece to Ivan. Her hand can still be seen outstretched. This is not a time-exposure, but was done with available light—not flash—and a relatively short 1/60 shutter speed

with a normal aperture opening of f-8. these phenomena were unexpected, and needless to say, highly provocative to us sitters, and especially to the medium, St. John.



PHOTO NO. 4

Photos No. 5 & 6: (NEXT PAGE)

These next two images of another friend, Simeon Nash, illustrate what might be considered a controlled situation. The camera used was a view camera using 4x5 sheet film. The camera, a Linhof, holds the film in a carrier which is loaded in the conventional way in the darkroom. In the past years the loading of the film and its subsequent development and printing were executed by expert disinterested persons to guarantee that no deceptive or fake markings could occur either before or after the event. Since, as I expressed earlier, I have no intent to prove the reality of psychic work, I do all of the work myself. I do not object to my film and its printing being

handled by others, as I have when the facilities were not available to me, but since I am experienced at this craft, I can accomplish all of the technical problems without assistance.

Simeon sat for the "controlled" first photo, as can be seen with a side light illuminating his face. Since the beginning of my photographing, psychically I have been assisted by an invisible being known to me as Emanuel. It is convenient to have available to one, an entity as accomplished as my close friend, this discarnate collaborator, Emanuel. His signal to me is a simple tap on the dome of my head. If he has an extremely urgent message he can call my attention to his presence by a rather substantial bit of pressure.

The exposure was twenty seconds, a considerable amount of time, but many psychic photos in the past in relatively well-lighted environments were made with extremely long exposures.

My colleague, suggested this amount of time for both the first and the one immediately following with an identical aperture setting and with no change in the lighting. Many changes of light are visible in the second photo, notably concentrations of vaporized teleplasm, that substance which exudes from the bodies of the sensitive and those present as sitters. As we are aware, phenomena does not exist without this material which can be formed in a variety of ways. Probably its most common form is known as ectoplasm, that sub-



PHOTO NO. 5



PHOTO NO. 6

stance out of which appear the materializations at seances.

As can be seen in the second example, there is a strong concentration, in a lower rather splotchy way at the lower section of the rectangle. This seems to be characteristic of many psychic images. At the upper left can be seen a rather clear circular form in which slightly visible features can be discerned. My view is that this is a friendly guide of Simeon's who may, or may not, be a constant companion, but for whatever reasons, curiosity or whatever, wished to be recognized. If one were to speculate about these personages whose fascimiles appear so frequently one would question whether the thought form is actually present, or whether the thought form is projected and molded into a visible image. I have some reason to believe that the film is actually impressed directly; that the forms or shapes can be put on the film or paper in the same manner as "psychographs", that is, slate writing.

In my darkroom at various times I have experimented by arranging objects which, to me, have a special appeal. This next series in a sequence shows rather clearly the building of psychic energy over a period of time.

Photo No. 7:

These objects, which I set up, are a photograph of a person (the mother of my wife) and a book which was written by my friend Emanuel. Both persons are disincarnate, but in my experience can manifest their presence quite readily on occasion. My methods for photographing vary with the circumstances and with the impression I receive. At this time I concentrated through meditation. I might say at this time that I do not distinguish between one type of phenomena and another. That is, I believe one source and force is common to them all. I, in my experience, work with the understanding that occult, or magical practices are fundamental to the creation of phenomena. This ability to gather energy and to project it is available to those aware of its existence and who wish through concentration and

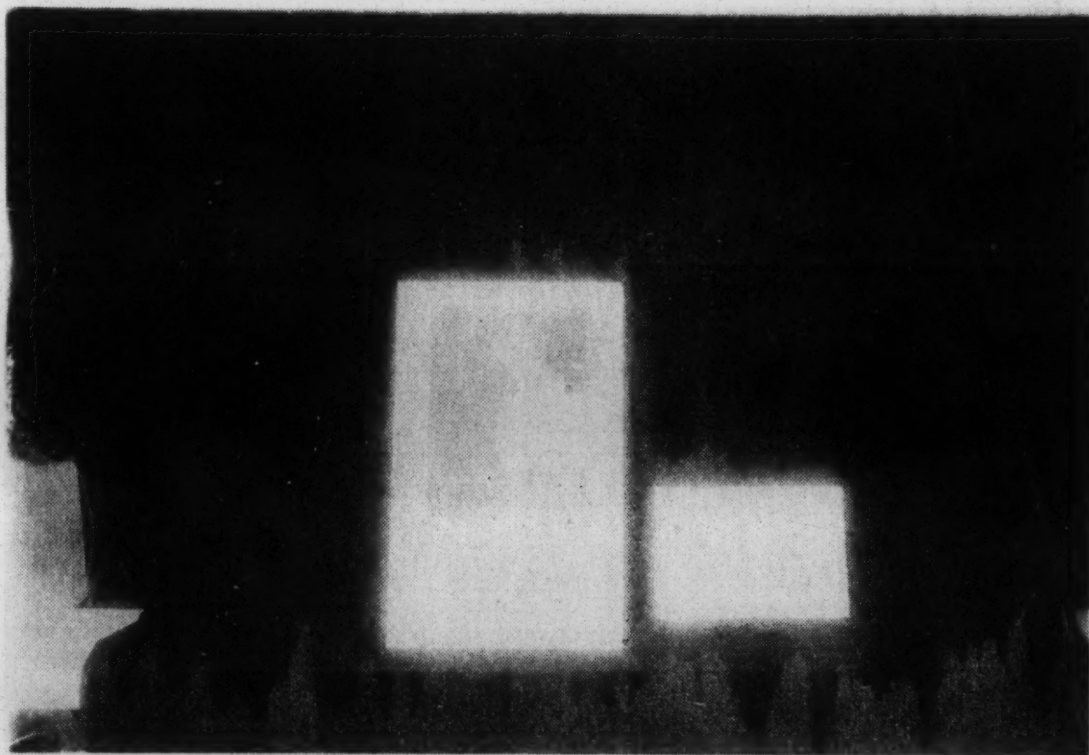
focus to develop its power within themselves.

Constant exposures were made of these two important objects while the camera, a 35mm Leica was set up on a tripod. The lighting is from a low-wattage goose-neck lamp which can be seen unchanged throughout the exposures. However, it can be seen that the picture of the woman and the book become luminous as if they were actually the source of light. If connections are necessary at this point, what does light have to do with energy? And of course what indeed is an object?

It has been my experience that objects within an environment simply will not stay in one place but insist upon showing up in other locations or on occasion disappear entirely, that is, in the photographs.

When invited to visit a photographer friend who was conducting workshops in Virginia City, California, a few years ago, I had many unusual experiences. Oliver Galianni told us that the building in which he lived with students for the summer was "haunted". Shortly after we arrived and entered what had years before been a hospital, it became quite evident to me that the atmosphere was pervasive with presences. My wife and I, given our choice of rooms, selected what we were informed had been the chapel. This had been a Catholic hospital, but at this time was in a state of being converted into a dwelling with studios and bedrooms.

Our room had been furnished with a double bed at one end of the room and two double beds at its opposite wall with a mirrored dresser between. I made a series of photos using the Leica, a camera which does not double expose, nor is it possible to run film through twice. I say this for my own comfort rather than to impress the skeptic with the authenticity of this event. I could not understand how a bed could disappear and be replaced by a winter snow scene view of Yosemite. True I had been in a home in January in the snow and had made a number of photographs of snow scenes.



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PHOTO NO. 7

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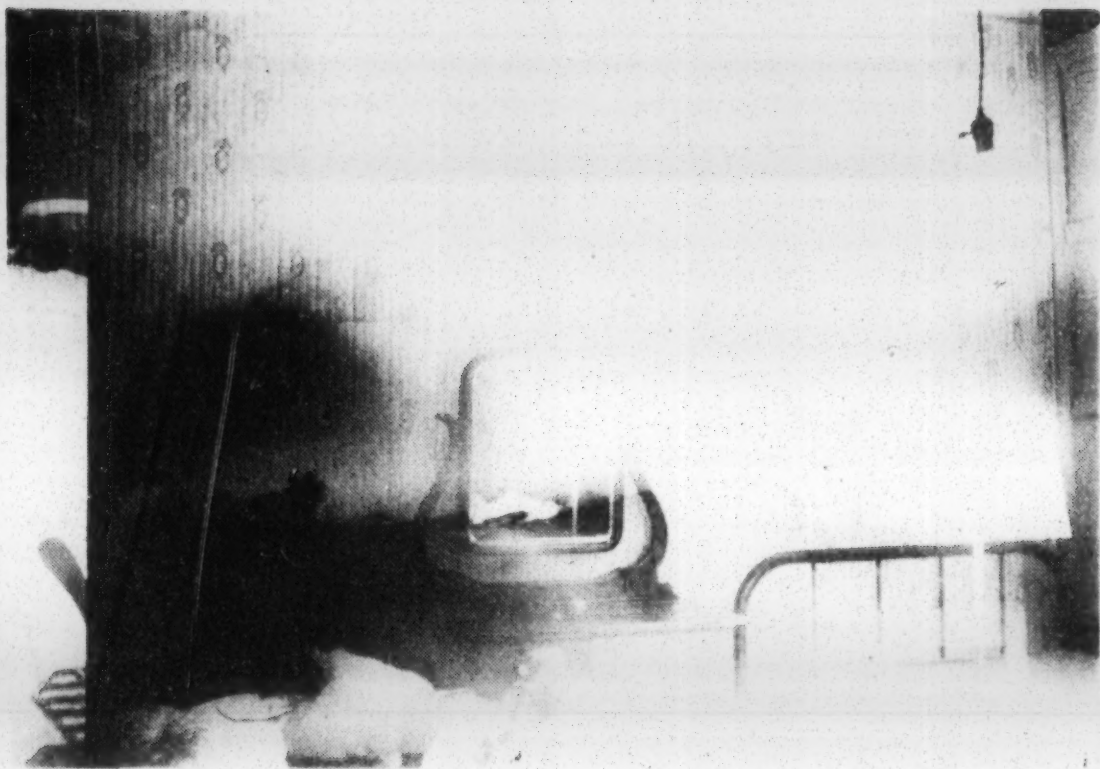


PHOTO NO. 8

Photo No. 8:

Indeed when photographing the ceiling light fixture an additional image appears on the negative—my son Norman who was living in the Yosemite House. Poor Norman didn't even realize he was traveling.

Photo No. 9:

Do we, when working psychically, travel? What are the connections between the various bodies we inhabit or inhabit us? How do we contact the "Elemental Kingdom"? How does one explain the next phenomena where an inanimate object seemingly reveals its history?

Photo No. 10:

This granite rock, inside a cave at Yosemite National Park, was photographed on a rainy day. A long exposure was used with fast film, Tri-X. My impression at the time was that this cave had been used by Native Americans who lived in the valley. The cave was named "Indian Caves". I photographed the outer landscape and moving "indoors", was led to the spot where I felt a fire had been kindled, and had a strong feeling that it was a sacred ritual site. The brilliant light or luminosity evident in the entire surroundings is a clue to the exceptionally powerful and potent force generated by the activity for which this environment was used. Do stones retain the history of activity? If my work can pick up this "electrical vibration", surely the source must be in proximity to my body. My experience is that I can think of these places where I have worked and experience a change in my physical being.

Dowsing, healing, telekinesis are forms of psychic work in which the sensitive is apparently able to match the "frequency" of the force emanating from an individual, a place or an object. This matching can be accomplished whether in the presence of the event or not.

When I ask my collaborator Emanuel how he made contact with me, he explained that he raised my vibration or frequency and lowered his own. Not too flattering, but quite accurate.

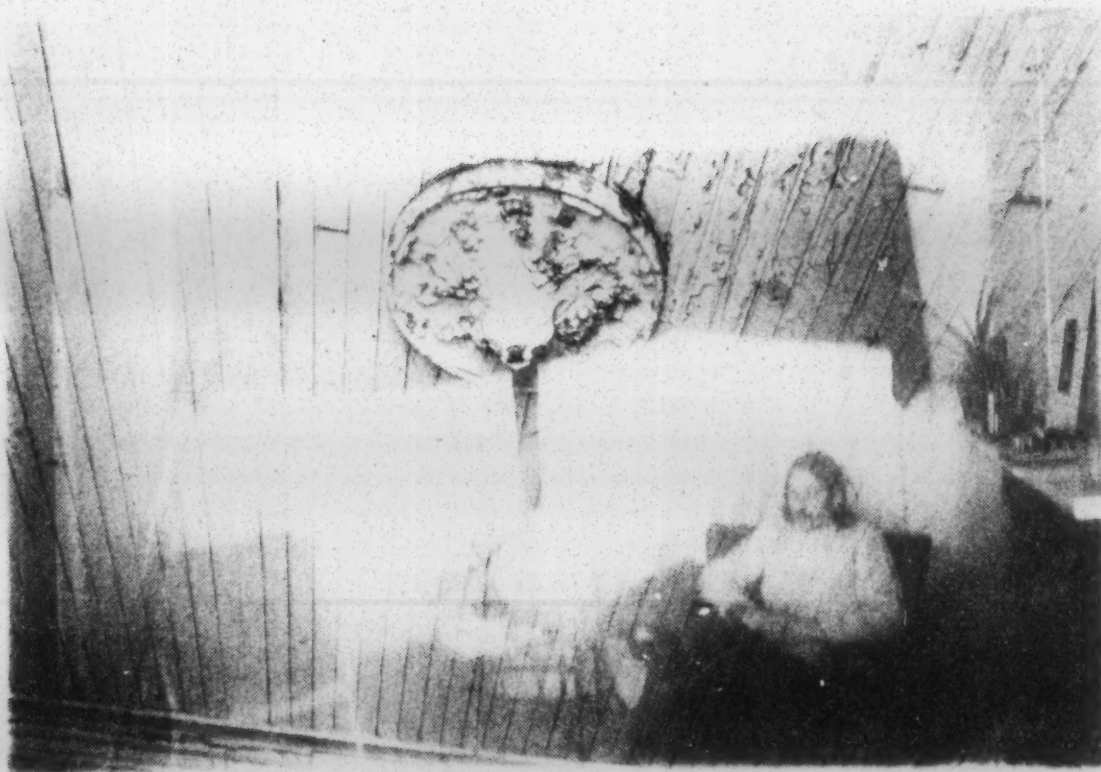


PHOTO NO. 9

"I NEVER MET A GHOST I DIDN'T LIKE"

Nick Nocerino

Conclusion:

The early psychic photographs were "spirit" images. Whether the entities were present or not is speculative. M.O. Esperance, an exceptionally strong materialization medium in France in the late 19th Century, scoffed at the notion of "Thought Forms". Psychic photographs have been created by personalities as diverse as William Hope and Mrs. Buxton in The Crewe Circle to a contemporary personage, Ted Serios.

The purposes were certainly different. Hope & Buxton were

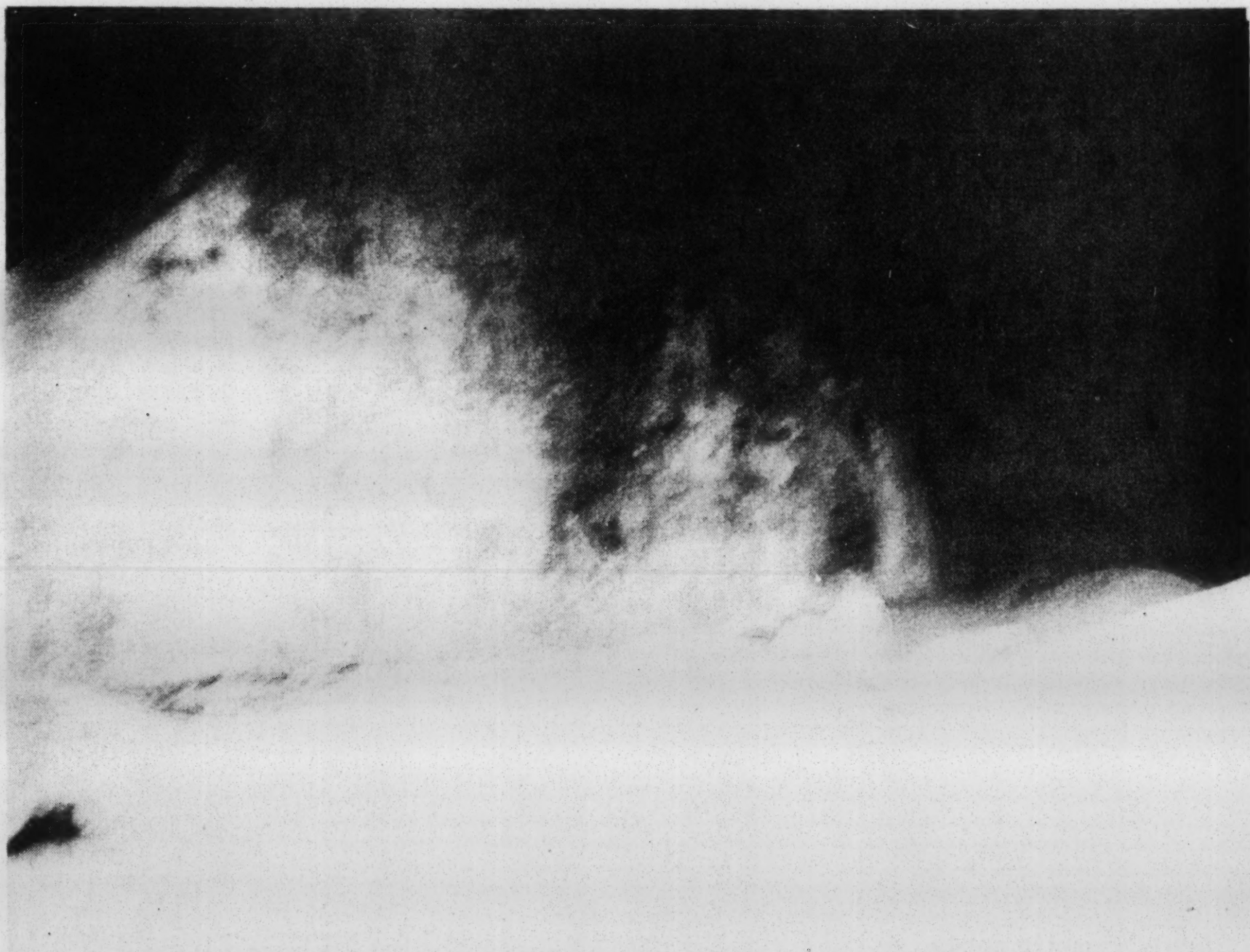
devout Spiritualists who opened their sessions with song and prayer. The sitters had come to obtain evidence that their now disincarnate relatives still lived, perhaps they were well and happy. Characteristic of each photographer or team of mediums producing the phenomena, their images were distinctly unique in space and content.

This short review cannot illustrate these differences, but it seems necessary to emphasize that there is no one method for the creation of psychic imagery. Ted Serios, a Chicago "Street Person" has no divine aspirations, certainly, but produces, with a Polaroid camera by viewing into its shutter, an image previously imaged in his "minds eye". This image is tele-

pathically picked up from a picture brought to the session by a witness.

Psychic "rods", vaporous material, auric fluids, odic force, psychic force, energies, teleplasm, thought forms, extras, apparitions and materializations—these are some of the many types of phenomena which appear in a great variety of special ways. My own work is a reflection of my own perception and unconscious special talent. The photographers are quite like my sculpture and painting.

Yet the results are never planned. Obviously all of my experience as a visual artist lies available for use when I am presented with an opportunity to photograph.



OF THIS AND THAT

BY EDNA BENDER

With Thanksgiving and then Christmas just around the corner, thoughts turn to those family feasts — special dishes and traditions that make these Holidays, events we look forward to all year. Being able to share these specialties keeps life interesting and exciting. We would be delighted to have you share yours with us. One of my special standbys is this:

THANKSGIVING SALAD

(8 to 10 servings)

- 1½ cups of boiling water
- 2 cups raw cranberries
- 1 cup sugar
- 3 oz. package of orange jello
- ¼ cup orange juice
- 1 chopped apple
- ½ cup diced celery
- ½ cup chopped nuts
- grated orange rind

Add water to cranberries, simmer 10 minutes. Add sugar and jello. Stir until dissolved. Remove from heat, partially cool. Add remaining ingredients. Pour into mould, chill. Delicious.....

Here is a glaze for a Thanksgiving Ham that will bring them back for seconds — or more.....

FRUITY HAM GLAZE

(For 1 5 lb. ham)

- 1 10 oz. jar apple jelly
- 1 T. prepared mustard
- ⅓ cup pineapple juice
- 3 T. dry white wine
- 1 1 lb. 5 oz. can cherry pie filling
- ½ cup raisins
- ½ cup brown sugar
- pinch of salt

Blend over slow heat, stirring occasionally. After ham has been baking at 325 for 1 hour, baste with glaze, several times, until ham is done. Heat remaining glaze to pass at the table. Impressive.....

An extra rich, but very good dessert — (recommended only twice a year) — originated in South Dakota — and is called (you figure out why):

THE WATERGATE SALAD

- ¾ cup butter or margarine
- ½ cup flour

Mix and pat on bottom of 9 x 13 pan. Bake at 350 for 10 to 15 minutes. Remove and smooth if necessary and cool.

1 large Cool Whip (9 oz.)

1 8 oz. cream cheese

1 cup powdered sugar

½ cup nuts

Blend Cool Whip gradually to cream cheese. Add powdered sugar and nuts. Spread over crust.

2 boxes lemon instant pudding

2½ cups milk (no more)

Mix per directions on the pudding box. Pour on top of the first layer and cool. You may also repeat the Cool Whip layer on top of the pudding mixture, if you wish.....

For a lighter more refreshing taste for tea time, try these:

LEMON COOKIES

Cream ½ cup butter. slowly Adding ¼ cup powdered sugar 1 cup flour and ⅛ t. salt. Spread in an 8 x 9 inch pan. Bake 10 minutes at 475. Combine 2 eggs, well-beaten, 2 t. lemon juice, rind of ½ lemon, 1 cup sugar, 2 T. flour. Pour over crust. Bake 20 minutes at 350. Sprinkle top with powdered sugar while still hot. Cut in squares, or any size you want.

REAL ROQUEFORT DRESSING

- 1 pint mayonnaise
 - ½ cup buttermilk
 - 3 oz. Roquefort cheese
 - 1 bud crushed garlic
 - 1½t. Worcestershire sauce
 - ½t. pepper
 - 1 T. lemon juice
 - salt to your taste
- Blend. Shake well before using.

Another dressing that makes easily and keeps well is:

FRENCH DRESSING

- 1 cup oil
 - 1 cup vinegar
 - 1 cup sugar
 - 1 T. minced onion
 - 1 T. mustard
 - 1 cup salt
 - 1 cup of lemon juice adds zest
 - garlic to your taste
- Blend, or put in a quart jar and shake well. Better if you wait to see it the third day.

To make a cheese sauce that is very good for enhancing vegetables, melt cheddar cheese and add beer to consistency. Just before serving, add a little sherry wine, salt and season. Ummmm.

Add a bit of chicken base to cooking vegetables.....For squash, use beef base.....

Did you know.....using just plain hair spray can remove some kinds of ink from your clothes?.....

A treatment for beautiful hair: First massage well, a handful of mayonnaise into your scalp, wrap a thin cloth over your head, then saran wrap. Leave on for 25 minutes. Put 1 cup beer, ½ of a onion, and the white of 1 egg into a mixer and beat well. Shampoo hair. (Leftover shampoo can be put the refrigerator for about a week)... It may sound ooky — but works fabulously!.....

Now a request.....We know you have many special Holiday recipe favorites and undoubtedly a lot of interesting, time and moneysaving hints for just oodles of things. We would love to have you share yours with us. Please send hints and ideas to: Edna Bender, Uni-Com Guide, P.O. Box 11716, Palo Alto, California, 94306, and look for your name next month.....

Would like to share with you this little poem I found.

TRY

Why do we linger along the road,
Waiting for someone to carry our load.
Why are we waiting day after day,
Hoping for someone to light our way.
Why do we frown when it's better to smile,
Soothing the roughness out of every milé.
Why do we doubt the being of GOD,
When nature produces life from the sod?
WE must spread LOVE instead of hate,
Restoring trust before it's too late.
Each must answer the question "WHY?"
The least we can do is to use the word TRY.

Anonymous

Hope your month is full of the nicest mixture of contentment and excitement.....

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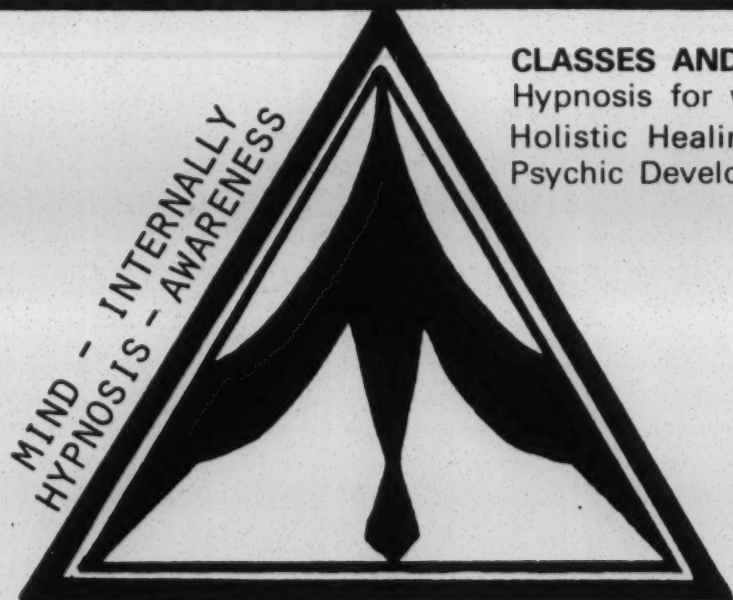
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HAUNTED HOUSES AND



WINCHESTER MYSTERY HOUSE
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WANDERING GHOSTS

BY ANTOINETTE MAY

— things that go bump in the night-----

Every night is Halloween at Sarah Winchester's house.

An aura of mystery and dark foreboding surround the awesome structure. The towering spires; minarets and cupolas stand dark and still, silhouetted against the sky. Inside, there are trap doors, secret passageways and doors which open into the air.

The Gothic Victorian is a living monument to the dead. The legend of Sarah Winchester, who tried to shut off the grim realities of life and death with a carpenter's hammer, is everywhere.

The story of Sarah Winchester—surely the most enigmatic woman in the history of the West—is a fascinating one, as is the legend of the house itself. To the pioneers of the 19th century, the Winchester repeating rifle was "the gun that won the West." But to Sarah Pardee Winchester, heiress to the fortune of the Winchester Repeating Arms Co., the weapon was an instrument of doom and ultimate destruction for herself.

According to the story, the widow of the rifle manufacturer's only son was informed by a Boston medium that the spirits of those killed by Winchester rifles had placed a curse upon her. The medium advised Sarah that she might escape the curse by moving west and building a house. As long as the building continued, the vengeful spirits would be thwarted and Sarah would live.

The unhappy heiress obediently moved to California and purchased an eight-room farmhouse which she proceeded to remodel literally as the spirit moved her. The construction project, begun in 1884, was to occupy the next 38 years of her life and would ultimately employ hundreds of

artisans working on a 'round the clock basis that included Sundays and holidays.

Design conferences took place in the seance room where Sarah retired each night. Her special consultants were capricious and insatiable, demanding room after room, balcony after balcony, chimney after chimney. The strange growth spread until it reached a distant barn, flowed around and adhered to it like a tumor, and finally engulfed it. An observation tower shot up, only to be choked by later construction until nothing could be seen from it.

To the original eight rooms, hundreds were added, many of them quickly ripped out to make way for new ideas from Mrs. Winchester's nocturnal advisors. Today, one hundred sixty rooms of this baffling labyrinth still stand, the survivors of an estimated seven hundred and fifty chambers interconnected—if one can use that term—by trick doors, self-intersecting balconies and dead-end stairways.

Literally miles of winding, twisting, bewildering corridors snake through the house while numerous secret passageways are concealed in the walls. Some end in closets, others in blank walls. The door from one was the rear wall of a walk-in icebox. The halls vary in width from two feet to regulation size, and some ceilings are so low that an average size person must stoop to avoid bumping his head.

The explanation for all this is that the house was devised by ghosts for ghosts. If ghost stories are to be believed, spirits dearly love to vanish up chimneys. So Sarah obligingly provided them

with not one but forty-seven of these escape hatches.

Dining in splendor with her secretary-companion, Mrs. Winchester frequently enjoyed the best vintage wines. One evening she went to the wine cellar—to which only she possessed the key—to locate a special bottle. To her horror, she discovered a black handprint on the wall. That night the spirits confided that it was the print of a demon's hand. Sarah took this as warning against alcohol and had the cellar walled up so thoroughly that, to this day, the liquid treasures have never been found.

The seance room where Sarah received her instruction was off limits to other humans. Those entering the forbidden sanctuary after her death found a small blue room furnished with only a cabinet, armchair, table, paper and planchette board for automatic writing.

The capricious mistress of the manor indulged her whimsy by never sleeping in the same bedroom for two consecutive nights. In this way she hoped to confuse unwanted spirits, but it was her servants who were confused after the 1906 earthquake. Following the severe tremor it took the staff nearly an hour to finally locate their frightened mistress who had been trapped inside a room when the wall shifted, jamming the door.

Sarah believed the terrifying experience had been inflicted upon her as a punishment for her extravagance in constructing the front of the house. To placate the spirits, she ordered the front thirty rooms sealed off and never used. This included the grand ballroom which had been built at a cost of

\$9000 and a stained glass window costing \$2000. The costly front door was used by only three people—Sarah Winchester and the two carpenters who installed it.

Despite all her efforts, death came to Sarah Winchester on September 5, 1922. Today one can still see half-driven nails where the carpenters stopped when word came that the eighty-five year old recluse had died quietly in her sleep.

Of her \$21-million inheritance, the widow spent at least \$5.5-million pre-inflation dollars to please her discarnate friends. Unless ghosts are unspeakable ingrates, Mrs. Winchester should have been well received on the other side.

But was that the end of the story? Hardly, to judge from the weird tales surrounding the house. Over the years a variety of psychic phenomena have been reported—chains rattling, whispers, footsteps—a Gothic thriller seemingly come to life.

In order to investigate these claims, the Nirvana Foundation obtained permission to spend a night in the house. There were five in our party: Dal and Sylvia Brown; Dick Schaskey, head of the photography department at San Jose State University; Ann Fockelmann, a research associate at the foundation; and I.

Throughout the long night Sylvia, Ann and I saw moving lights for which we could not account. All of us felt sudden gusts of icy wind and cold spots. While sitting in Mrs. Winchester's bedroom, Sylvia and I saw great balls of red light that seemed to explode before us.

As the rest of us sat on the floor of the bedroom clutching our clipboards and cameras, Sylvia saw a couple who, she claimed, watched us intently from across the room.

During the thirty-eight years that Sarah Winchester resided in the "mystery house," her servants and other employees remained fiercely loyal, defending her every eccentricity. They described her as strong-minded and firm, but always fair and kind. Each was well paid and some were rewarded with lifetime pensions or real estate.

In death, it would appear that Mrs. Winchester received the same

attention from her servants as when she was alive. "The man and woman that I see are dressed in clothing popular during the turn of the century," Sylvia explained. "They're the caretakers, I think. Their attitude isn't really menacing, but they are watching us very carefully. They don't seem to to like strangers in their house."

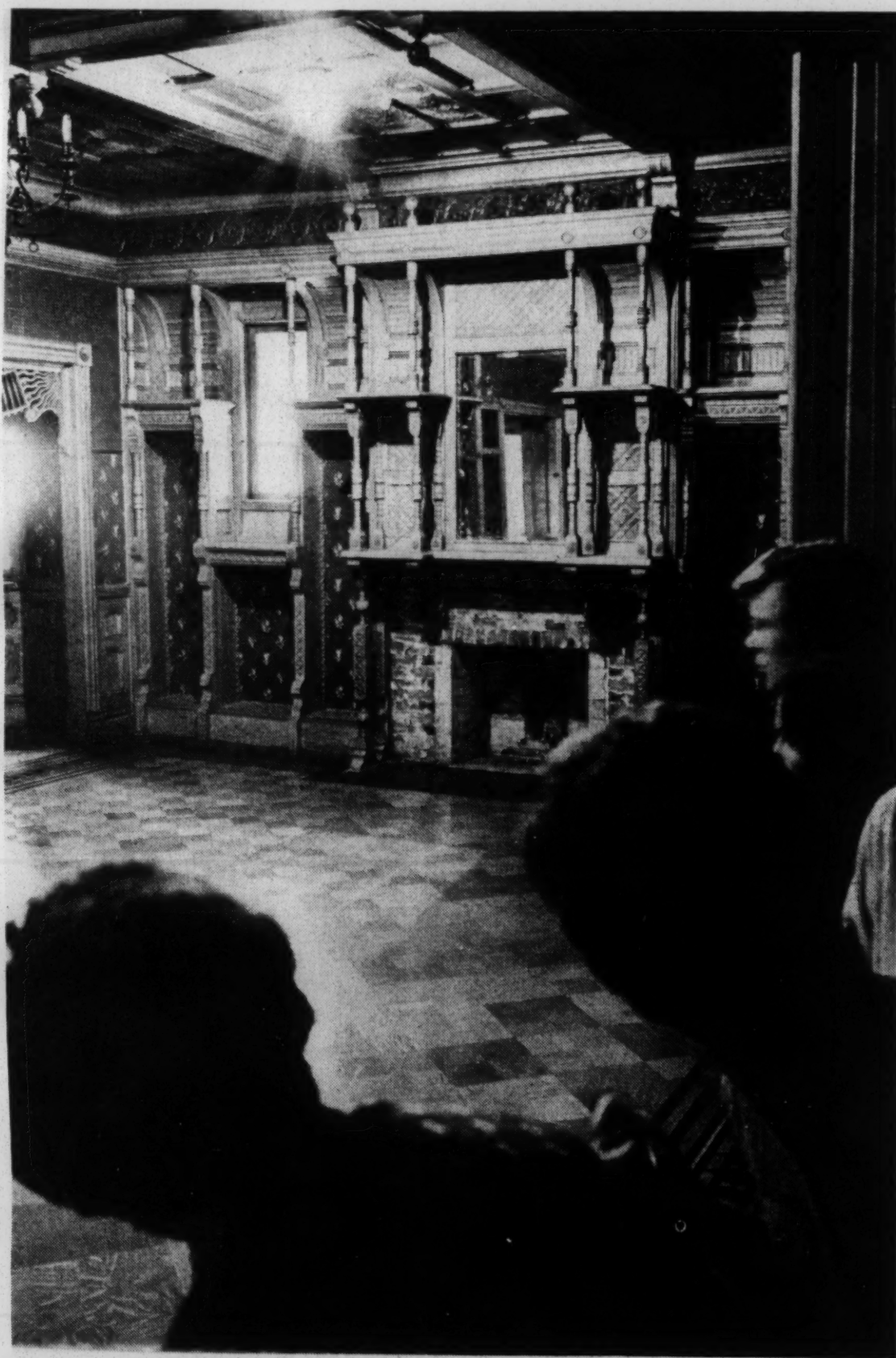
As the night wore on, the frightening sense of being observed did not diminish. We sat for about an hour watching a ghostly shadow play across the dark walls. Each of us tried to explain the spectral light show in earthly terms. Moonlight? There

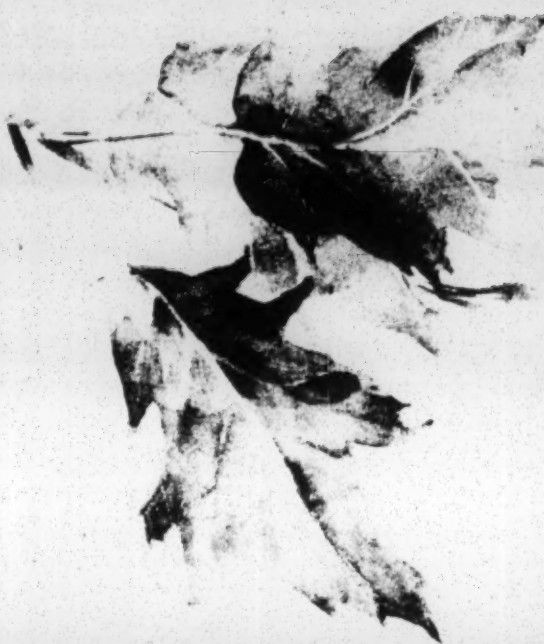
was no moon. Passing cars? The few windows faced onto a dark courtyard. There were no cars.

It was a very long night.

A daylight bustle had settled over the place as we wearily carried out our equipment the next morning. Maintenance of so large a structure never stops. The sounds one hears during the day are anything but spectral. The carpenter's hammer echoes just as it did during the mansion's heyday.

So it would seem that Sarah Winchester does, indeed, live on as her home does—achieving her own kind of immortality.





*As autumn brings the harvest
of a year of fruitful living,
May it bring you
many reasons to be filled
with true thanksgiving.*

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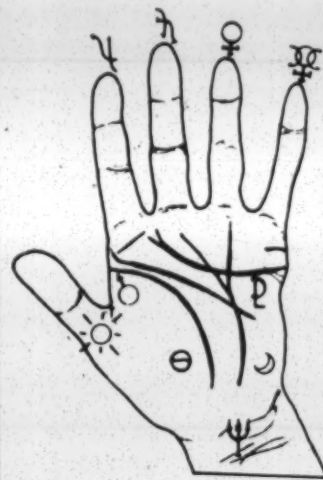
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SPIRIT PHOTOGRAPHY: HOW TO DO IT

NICK NOCERINO

Spirit photography is the most popular and best known field of psychic photography. It was recorded in 1862 by a Mr. Numler of Boston, Mass. This was only 23 years after photography was discovered in 1839. It wasn't long before spirits learned to use and take advantage of this science to communicate with the world of the living. Nor was it very long before spirit communication by this method was well established, and spirit photography was accepted as a form of mediumship.

This form of mediumship can be developed in either the "sitter" or the photographer—the "sitter" being the person for whom the picture is taken. Often it is the sitter who causes the psychic phenomena, and not the photographer. Since 1839, there have been thousands of spirit photos taken by people who have no ability at all. But these are rare and are initiated by the spirit itself for a particular reason, and are rarely duplicated by the same people again. In all cases, no matter how they are obtained, the researcher will find that there are specific reasons for the phenomena. Once the message is interpreted the spirit will usually not stay in the photo. However, the spirit photographer, or photographic

medium, will continually obtain a phenomena when working. It will not matter what camera they use or where they take the pictures.

In my stumbling around over 37 years in spirit photography, I have learned that things like rooms, windows, furniture, or even fields and forests that are not present at the time the picture is taken would appear in the photos when processed.

Your pictures may show forms of beings unknown to man. Or people that you photograph standing or sitting, may, when the photograph is developed, be levitating or not even appear in the picture. Or you may take a photo of someone at the age of 50 and get their picture when they were 10. Of course, the process can reverse itself: taking a picture of someone who is 10, and getting a picture of them when they are 30 or 40.

It is not an uncommon thing for a well-planned picture to be completely ruined by the sitters aura, or the energy being drawn to the aura.

At this point, I would not be surprised if you haven't decided that perhaps the one thing that most of us think about and never really discuss, is that important factor of different or parallel dimensions. The paradox, then, is to determine if the photos are in time, or in space, or a combination of both. Of course, there may be a few dimensions that we are not aware of, or, as yet, willing to accept!

So that you can begin to experiment within the field of Spirit or Psychic photography I will give some starting exercises.

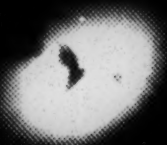
CHAKRA PHOTOGRAPHY

Obtain some photographic paper. For best results I suggest Kodak Polycontrast Rapid RC Paper, F/mw. Cut the paper into sections of not less than 3x3 and not any larger than 5x5. Before trying all the Chakras start with the *BROW* and *HEART*, the *SOLAR PLEXUS*; then as you progress, move to the other psychic centers. In a dark room place the sensitive side of the paper to the Chakra and mentally energize for at least five minutes, seven minutes seem to bring the best results. Put the paper down and write on the back the name of the chakra and the time you energized. Place the paper back in the black envelope until it can be developed or processed. Try the other psychic centers. As you progress start using paper between your hand and someone that you may be doing psychic healing on. Make sure that the sensitive side of the paper is turned up toward your hands. This is done in the dark and all precautions must be taken to see that the photographic paper is not ruined. There are numerous methods of doing this type of photography. We have developed over 60, and I am sure the reader will come up with some new methods.

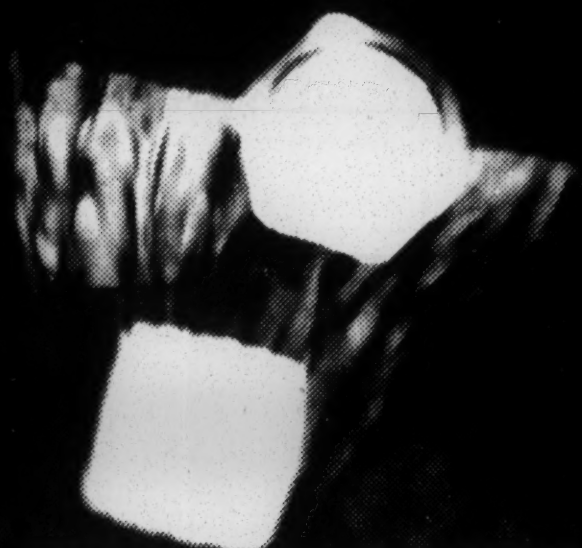
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Heart Chakra (4th)



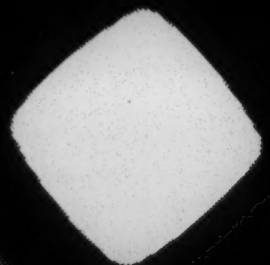
Pineal gland (6th Chakra)



Pineal and Heart Chakras
(contrast paper moved from one
chakra to the other)



Pineal Gland (6th Chakra)



Hand Chakra



Spine

CRYSTAL AWARENESS

AN INTERVIEW WITH DALE WALKER



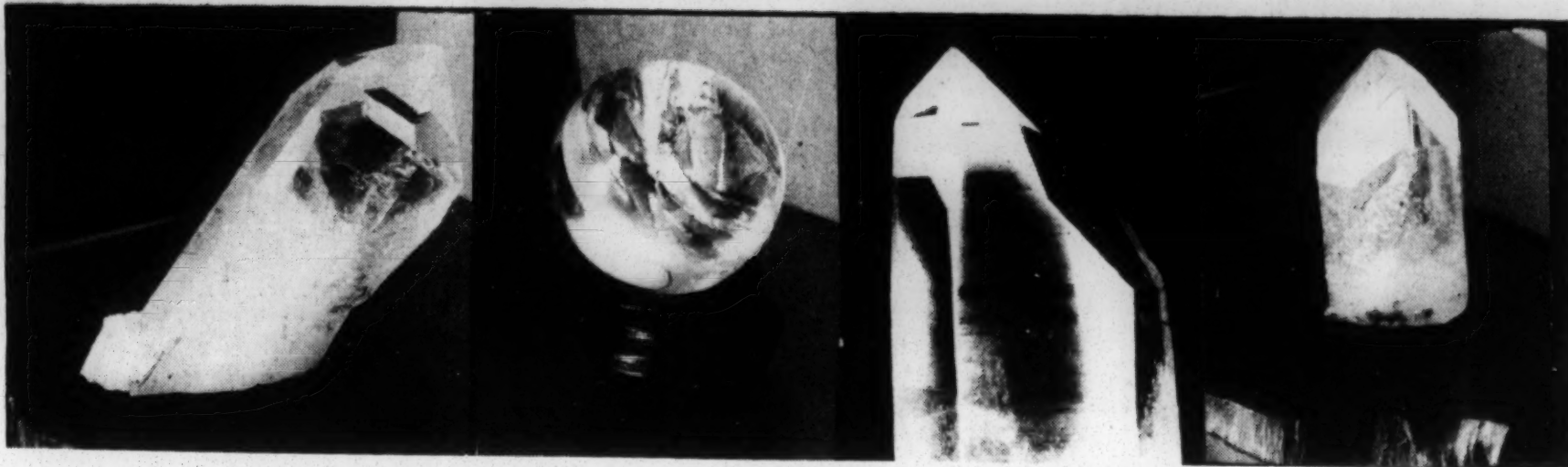
Dale Walker and Shirley Dicker display some crystals

Crystallography is a science as complicated as it is little known to the public, who usually regard it on the basis of prejudices picked up in school, as a minor and some what disagreeable subject. It is a science with its roots in mineralogy, physics and chemistry.

To the knowledge of most, crystal is used to describe those products of the glass-making industry which are noted for their transparency, purity and brilliance. "Crystal" is a term of perfection, and is easily related to quartz crystal which has been used for centuries. Quartz

can be found in all parts of the world.

It was the Greeks who gave the mineral its name of *krystallos*, which literally means 'frozen ice', because they believed it to be water frozen by intense cold; and this belief survived into medieval



times. No doubt the remote sources of this product of nature, mysteriously manufactured in high and almost inaccessible places, encouraged the belief that crystal was quartz which had taken on the properties of ice.

Since the two obvious characters of crystals were transparency and geometric regularity, all minerals which possessed these two properties must be forms of crystal; so the term came to be applied in a way that still holds today.

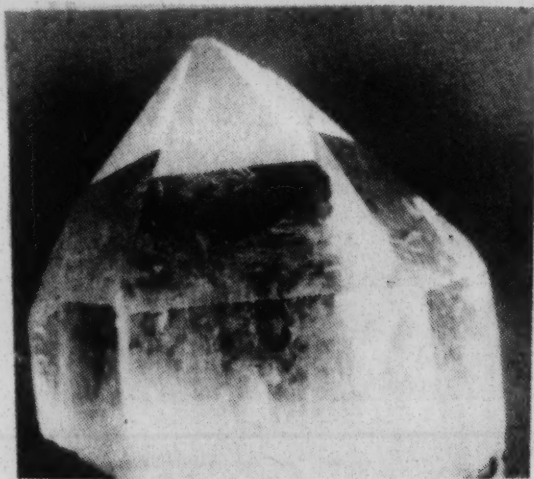
Quartz crystal has been used as a healing, meditation and mystic stone since time began.

Of course mysticism is known for "the crystal ball" and the strange people that used it.

Today, crystal is coming into its own. Those connected with it in past associations are coming together again to bring forth the knowledge hidden for centuries.

It is rarely that one finds single crystals; generally they occur in groups which have developed together in rock fissures, on flat surfaces known as druses, or in cavities known as geodes.

Pictures in this article are both a group of crystals and single pieces that have been separated from the group.



U-C: How did you get involved with crystals?

Dale: I have been interested in crystals for years. Three years ago I started working with a group, after having received instructions from our guides that if we would sit regularly in a circle we would be given information regarding the history of crystal and its uses. We started in October of 1976, and since then have been meeting on a regular basis. We were told to work together. After a time, we began to see the same phenomena, the same colors, the same shapes, the same scenes. This is when we really started "working together". One day we all locked into the same scene, where we were sitting around a table and there were crystals all around us. We were dressed differently. I was very dark with a dark beard. I've never had a beard. I had on sheep's skin kilts with leather straps. After visualizing this scene we compared notes. Shortly after this a voice came through one of the girls and told us we were part of Atlantis, and had misused crystals and their power.

U-C: Did this voice identify itself?

Dale: Yes. He said he represented a group of masters, and he called himself "Alturius". I really didn't care who they were, as long as we got valid information. The teachers would come through one of the girls and allow us to ask questions. We were told this information was being brought forth, so it could be used to balance the world, so it doesn't destroy itself again.

U-C: Are you still working with the same group?

Dale: Partially. The group has changed. At present it is composed of Shirley Dicker, Eddie Pennington, Spiros Makris, Jan and Bill Smith, and myself. It's a very diversified group. Shirley is a professional astrologer; I am a sheet rock tapper, in construction; Eddie is in the restaurant business; Markis is a general contractor; Jan a medical secretary; and Bill is in real estate. The group crosses many spectrums. People interested in crystals come from all walks of life. Many have worked with crystals in other cultures.

U-C: You spoke of the misuse of crystal. Could this happen again?

Dale: Pat, I just can't be concerned about it. We have been given techniques that are oriented to mental control and mental development. We were given very specific techniques from which we can develop different parts of our mental capacity, and increase our awareness. For example, we were told last year to take these techniques to Hawaii, which was supposedly the last outpost of Lemuria.

I thought this was a great idea, since I had never been to the islands. Unfortunately it takes money to make a trip to the islands and stay two weeks. I had no money, and asked how I was supposed to get there. The answer: Manifest it! So using the techniques we had been taught, we proceeded to visualize every possible way we could, of getting money.

We were told to sit in a circle, and go into our individual crystals. At this time we were synergically linked into one crystal, but also linked with all six. You then visualize what you want, for now

you are using synergetic energy, which is all the power you need to manifest what you desire. Manifestation is visualization with energy and belief. Belief is not allowing a negative statement to interrupt or over-lay a positive statement that you have desired. So we saw money in every possible way. One guy saw a gold pipe line into his house, with gold coins coming through it. We saw rubies, diamonds, thousand dollar bills everywhere. We smelled the ink on thousand dollar bills. Money started coming in from all directions.

U-C: Dale, as you know I have worked with crystals for many years also. In our work we have found that the crystal has a way of "enhancing" the work we do. We have used it for healing, in meditation, and in many other ways.

Dale: Let's make it clear for people what the crystal does and does not do. A crystal, in its natural form, grows at the same angles as the pyramid. The crystal in its natural growth pattern channels pyramid or earth energy. When you mentally go into a crystal and activate it, it immediately starts working on the mental/psychic level. Crystals channel at least four different types of energy, (there are several more). These four are: (1) pyramid energy; (2) biomagnetic energy; (3) mental/psychic energy; and (4) universal energy. When you work and merge with the crystal itself, you then begin to function at full energy from the universal level; you can also function on the biomagnetic level, because you can very easily pull energy from one level to another.

The reason the crystal works so well with people is because it has a natural affinity to the human body. The human body in many ways is a crystal. When you really become clear, you become a human crystal. Let me make one thing clear. As far as I am concerned a crystal is simply a tool I use. A lot of people will take something like this and worship it; like they worship stones. I don't worship the crystal, it's a very, very viable tool. Everyone who has learned this teaching has been able to function one level higher.

U-C: How do you work with the crystal?

Dale: When we are meditating, mentally we build a crystal generator. We each go into our small crystal, build a corridor, walk down the corridor, and stand at the apex of these crystals looking into the center of the big crystal. We then activate them, visualizing a spiral of energy that goes up and out into the universe. If someone needs healing we visualize them on the apex of the crystal, on a platform, and send healing energy through the crystal. It works. To me, the crystal is a real place. To some, it might seem like imagination. But imagination is the first step to visualization and reality. When we place a person on the crystal platform, we visualize them healed on all four levels.

U-C: How do you build and visualize being inside of a crystal?

Dale: I want everybody to become familiar with the crystal, to know how and why it works. Mentally we visualize a crystal, either in would make it seem real to you. A directly at a crystal we have, which is the easiest way to do it. We visualize ourselves inside the structure of the crystal, in a room. to make this room real, we place carpets on the floor, or whatever would make it seem real to you. A

place that you can instantly relate to, after practice. You have to learn to visualize it, to make it real.

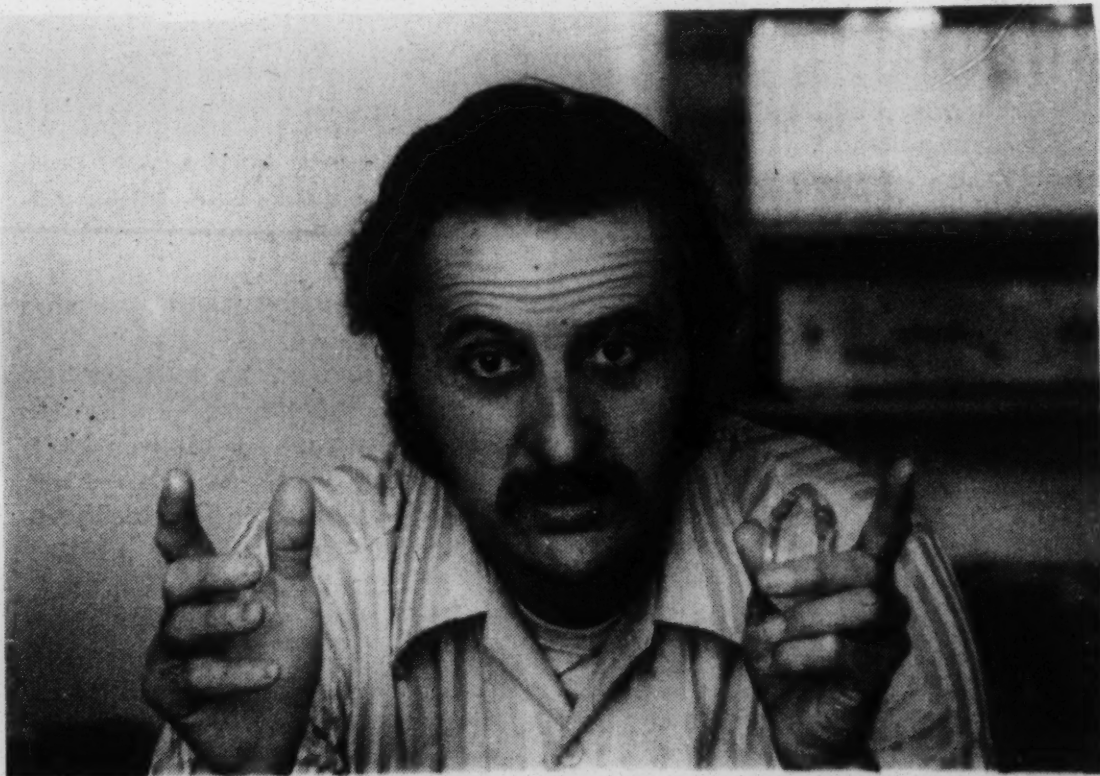
So you create a carpet, try to see it, feel it, see the color, until it becomes real. The more you do this the more real it becomes. Do this until you become so familiar with your room, that you can visualize it instantly. After you have built a room, we teach you to use the energy of the crystal to heal yourself. If you try to heal someone else, and are in a negative mood, you can pass that negativity on. So heal yourself first. You **do not** use your own energy to heal, you use Christ energy. There is a difference.

When I am working, I wear a crystal around my neck so that it automatically expands my aura. It transmutes negative emotional energy into positive energy.

That's what you do when you "program" a crystal. It's just a set of instructions.

U-C: Have you been given any information on how the crystal was used in Atlantis?

Dale: Yes. We have received some very interesting information, such as: the way they channeled or changed solar energy into a useable power beam. In fact, some of the things we have been told were that they had different shaped crystals, like convex and concave crystals. They then



Dale Walker working with a crystal "point" during class

focused energy into these crystals, ran some liquid through them, and channeled that into a storage crystal. They had a trained group of sixty-four people who could merge synergetically, mentally mold that energy until one person could broadcast it to a little box. We saw mental pictures of a man with a little box.

U-C: Sounds interesting. Do you think we will ever do that again?

Dale: The crystal is a corridor between two dimensions. The outer dimension, where we exist most of the time, and the inner dimension of the mind. When you can reach and function on the inner dimension of the mind with

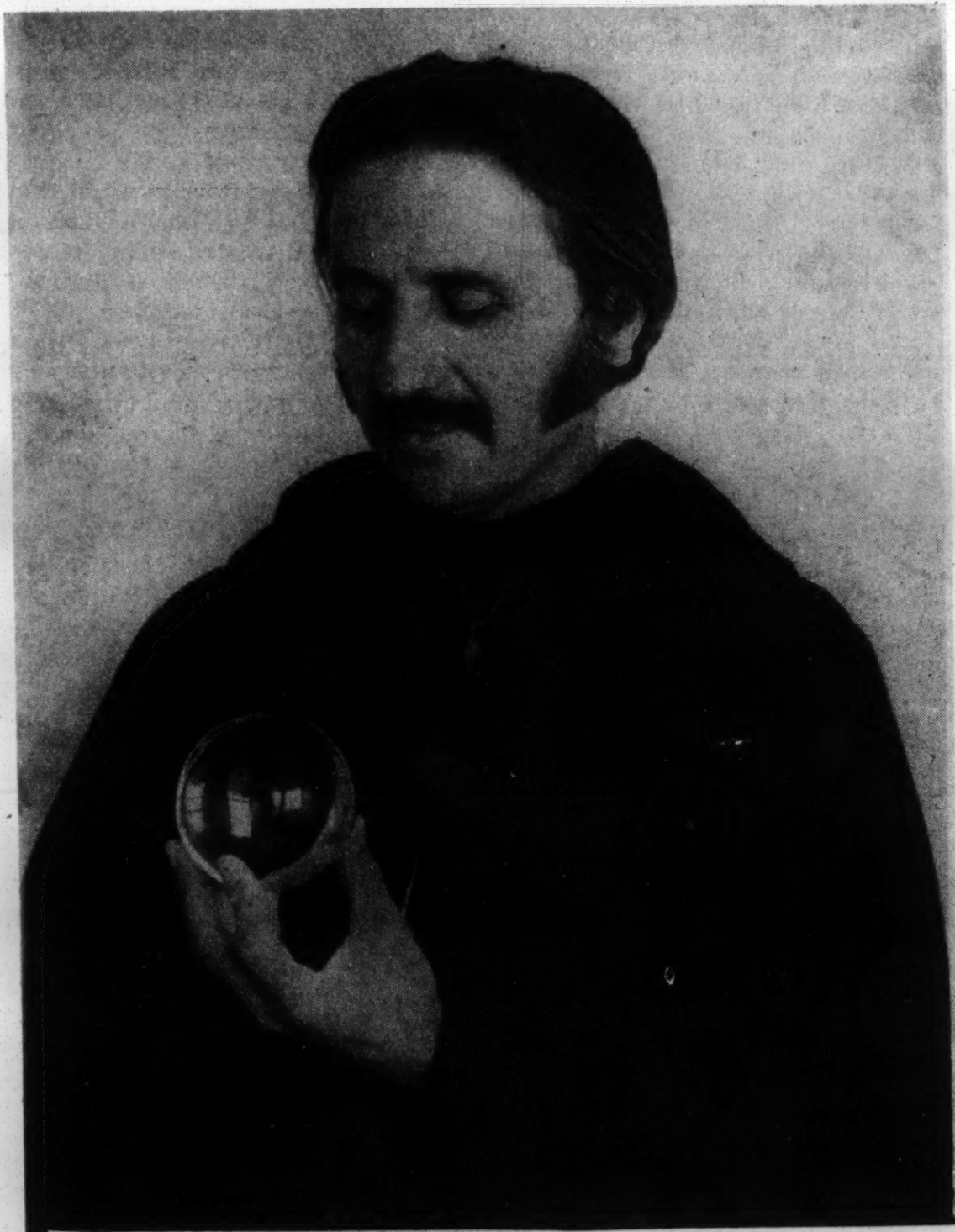
energy, there is no limit to the things you can do, or to what other dimensions you can reach. If you want to go into another dimension, you simply create a door in the crystal, and walk through the door. You find that you will begin to work with more energy. Everything you do can be energized by the power of the crystal.

U-C: I have found this to be true in many respects.

Dale: I consider the crystal as a transformer, and a 'stepper upper'. Also as a cleanser. I am a crystal freak! I love to work with crystals and their energy. I want to use them to develop the mind. I am



A modern crystal ball showing room reflections and "feathering".



*Is this the way the seers of old did it?
Dale hams it up!*

Photo by Bill Kaunitz

not interested, as some are, in boiling water with the crystal, or in using the energy in a 'scientific' way. I feel that if we develop our minds, the other comes naturally. I am a teacher and counselor. I am interested in showing other people how to use the tools that I use.

I don't feel I have to prove any of the work I do. Since I have worked with the crystal, I have developed certain techniques, and I know they work.

U-C: Have you used the crystal to obtain other information?

Dale: Yes. We have done past-life regressions; obtained information on healing; channeled information. I have found that using a symbol is very adequate in seeking the information you want.

U-C: Have you tried to clear a crystal? We have, and have been partially successful. I have been able to clear one down an inch or so.

Dale: I have been told that what causes cloudiness in a crystal is that it contains water. If you can gather enough energy through your hands, you can clear a crystal. We have done this over a period of time to crystals that are used in meditation. I believe, as I know you do, that the crystal is the stone of the so-called New Age. Many things can be done using the crystal as a tool,

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From page 20

THOUGHT PHOTOGRAPHY

Here we do the same thing as we did in photographing the Chakras, with a slight change. We look at a picture or some scene and then retain it in our mind, and then project onto the photographic paper. Again, protecting the paper from the light until it can be developed or processed.

Place a piece of paper on a flat surface or between your hands using the usual protection procedures to protect it from the light. Project your thought onto the photo paper for about three to five minutes. As you progress, vary the time lapses and the distance from your hands. We have as yet been unable to produce any kind of photo when the hand is over 13 inches from the paper.

Again, mark the back of the paper with what you were trying to project at the time. Then put the paper back into the black envelope so that it will not be ruined.

When you have experimented for awhile, get a camera and project your thoughts onto the film as you keep the lens open from 15 seconds to three minutes. When you have learned to energize and project thoughts you will start getting results. Don't look for

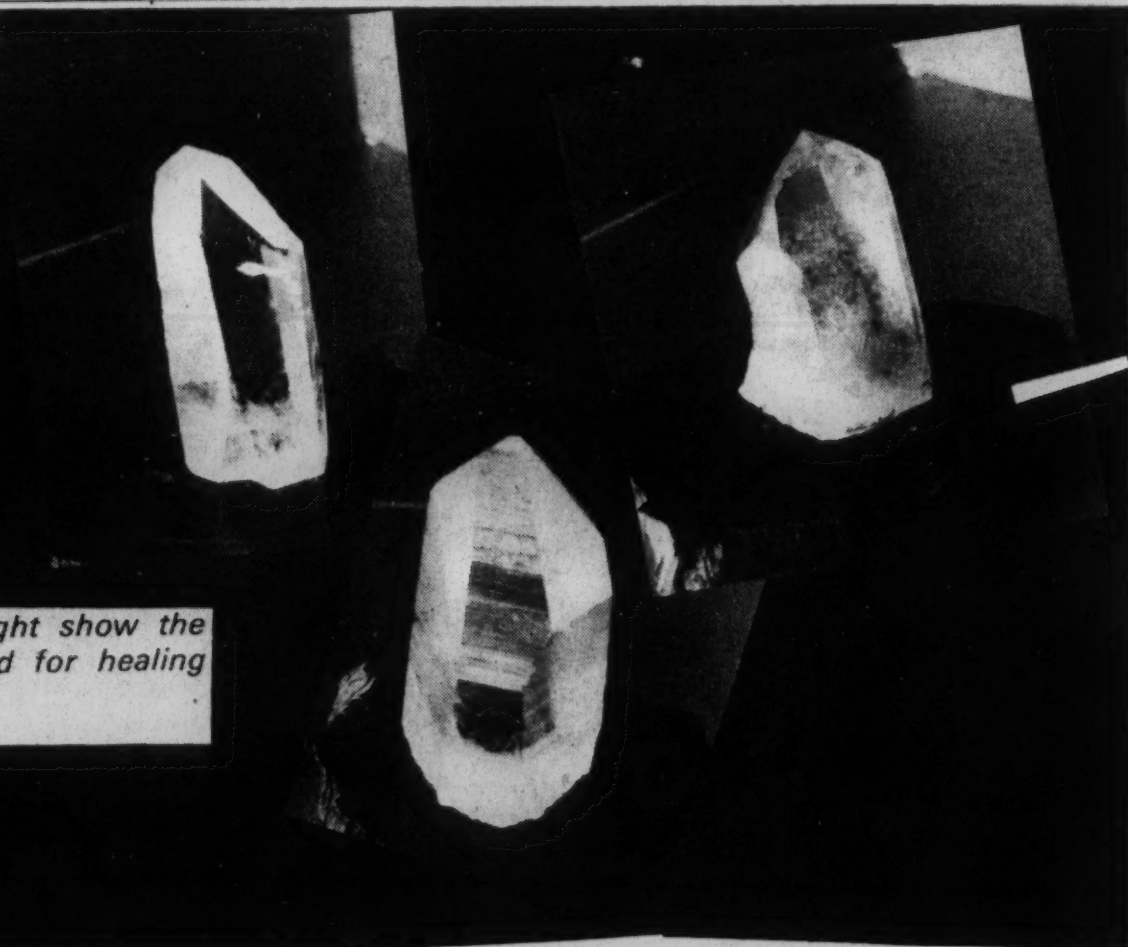
pictures that you take in the normal manner, but try to work with what you get and move forward from there. Again, we recommend that you start in the dark, although it is not essential.

SPIRIT PHOTOGRAPHY

When you enter the room where you are to work, start to energize. When you have filled your psychic centers, project this energy out from you. You will begin to draw the energy of whatever is in the room, causing the spirit or entity to energize further: it will be energy that can be put on photographic film or paper. You will know this because you have been able by this time to photograph your own energy. Keep track of exposure time and ASA rating of film, so that you can improve as you work. We use ASA 400 and shoot only in available light, no matter how dark it is or how light. Don't be surprised if the pictures that you expect to come out dark come out over-exposed, or if the pictures you expect to be overexposed come out totally dark. Don't feel badly if your pictures at first look like they have been burned, as this is common phenomena. Also, don't throw anything away, as the picture may change within a week, or month, or in ten years.

Together with the power inherent within a crystal, the pyramid energy and the Christ energy channeled through a person directing energy through the crystal, changes your own power.

The photographs on the right show the types of quartz crystal used for healing and for meditation.



LAWYERS JARGON

You know, it's a good thing Jesus wasn't a lawyer. Imagine how long and complicated the Sermon on the Mount might have been had he preached it in legal jargon. The Wall Street Journal, for instance, has suggested that the clause "Give us this day our daily bread" would have become: "We respectfully petition, request, and entreat that due and adequate provision be made this day and the date hereinafter subscribed, for the organizing of such methods of allocation and distribution as may be deemed necessary and proper to assure the reception by and for said petitioners of such quantities of baked cereal products as shall, in the judgement of the aforesaid petitioners, constitute a sufficient supply thereof."

Now comes the harvest season
and what riches nature yields
In the warmth of sunlight shining
on a farmer's ripened fields,
In the crunching and the crackling
of the red and yellow leaves
That rustle with the whirling
of a playful autumn breeze,
In the glow of happiness and love
that shines in every face
Where sharing with each other
has made home a brighter place...
And with these priceless gifts,
abundant nature now imparts
Her final, richest harvest
of loving, thankful hearts.



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ROVING REPORTER

JEANNE KILBURN

This past month has flown by for the Roving Reporter, punctuated by frequent and enjoyable hours at some of the best seminars in the Bay Area. One of these was a real sleeper, put on by the Metaphysical Study Center of Morgan Hill, California. Saturday and Sunday, Sept. 23-24. That sleepy little town is waking up and setting out to show her sister cities in the S.F. Bay Area that she is definitely coming of age.

A well-put-together program on Holistic Health presented a number of excellent speakers from the surrounding area. Held at the community center, the Friendly Inn, we were pleased with the spacious surroundings and friendly atmosphere.

The program started on time and was kept moving smoothly and on schedule, by a very lovely lady, Janice Danis. She first introduced the Reverend Christine Williams, founder of the Morgan Hill Metaphysical Study Center, another lovely lady, who led the opening prayer and meditation despite a lingering case of laryngitis.

First speaker of the day was Robert Massey, of the University of the Trees, Boulder Creek, who spoke on the "Wondrous Possibilities in Human Aura". Dr. Massey introduced a number of psychic tools for usage, but emphasized that "you are the greatest instrument for detecting vibrations".

Dr. Massey shared his own personal interpretation of the human aura colors as follows: *Red* Physical (out-of-control-anger; *Orange* - social; *Green* - emotional (Negative-jealousy); *Blue* - devotional; *Indigo* - Intuition; *Yellow* - Intellectual; *Purple* - Spiritual.

Kay Rhea, founder of Parapsychology Education and Awareness Center, and author of "There's A Psychic In Your House", directed her talk to "ESP, Color, Sound and Health". Kay not only declared that the psychic is a

part of all of you, but stated that being psychic was just being extra aware of everything—hopefully the positive—and stressed the need to compute what you get, (else you could be just as wrong as if you were not using any psychic talents.) She particularly advocates meditation. She stated the difference between a psychic and non-psychic as: The psychic receives, translates on a mental level and then releases; the non-psychic receives and reacts, but does not translate or release. In working with colors, Kay has found that the different colors definitely affect specific glands, such as: *Green*—heart; *Blue*—thyroid; *Indigo*—pineal; *Purple*—pituitary; *Red*—sex glands; *Orange*—spleen; *Yellow*—solar plexus. Asked about using color in meditation practice, Kay advised starting with *Red* and building to *Purple* for that return to "oneness"



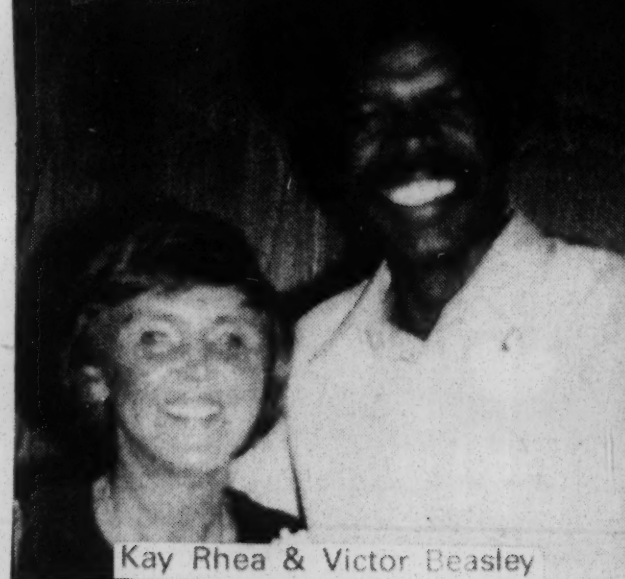
Walter Diehm & Jeanne Kilburn



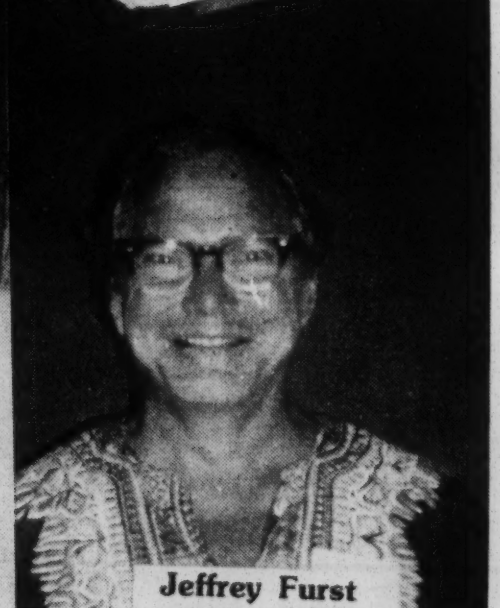
Janice Danis



Robert Massey



Kay Rhea & Victor Beasley



Jeffrey Furst

The Rev. Alan W. Young of the Church of Self Discovery, Carmel was the third speaker of the morning, giving his views on "You Can Be A Spiritual Healer, If—". Rev. Young first led the audience in a simple experiment in testing energy from your hands. He stressed that healers are only channels for the Healing Power of God to work through. Our bodies were made to be self-healing, but sometimes need an extra shot of energy to get rid of negative emotions that cause illness.

Twenty minutes was then set aside for Rap Sessions with the speakers before breaking for lunch. A very inviting lunch was available for a nominal fee, and most of us enjoyed it out on the lawn, where picnic tables were available.

Jeffrey Furst, author of three books based on Edgar Cayce materials, as well as one with the title of his presentation "The Lymphatic/Exercise Approach to Holistic Health" spoke after lunch. He explained the role of the Lymph Glands in our body structure as that of the garbage disposal system, necessary but often over-looked in favor of the more glamorous organs. Lymph glands pick up the toxins of the body and store them within the cellular fluids until they can be eliminated from the body. This elimination can be facilitated by three methods: muscular contraction, massage, and gravity. Certain foods can also help to clean out the systems. He then showed a few very simple exercises, which anyone can do, that help to keep the Lymphatic system moving and healthy.

Jeffrey declared that negative attitudes cause toxicity, that we need to learn to turn the poisons back as love, or forgiveness — which is love grown up. He quoted Edgar Cayce as saying that, "We are what we eat and what we think!" A Wholistic Health philosophy is accepting that "spirit is first cause, mind is cause, and body is result."

Carolyn Fabisch, founder of the Center of Divine Love and Wisdom, a well-known Bay Area Psychic and Spiritual consultant, spoke on "Finding Your True Inner Self." After leading a meditation on Divine Love, Carolyn advocated that we listen to our greatest teachers—children. "Their God



Lights are always shining, and their wisdom is often channeled." Other little bits of wisdom included: "Follow the guidance of your own meditation.;; "Live in the Here and Now." "Every life needs a balance of work, play, love and harmony." "If you would change your life, then you must change the picture you have of your life. This is called Ego Imaging and is an important tool."

Carolyn left us with this affirmation to use: "This is not my body, this is the Temple of God. This is not my heart, this is the Altar of God."

Magdalen Creighton, the third and last speaker of the day, is the

founder and Pres. of Health Education Programs and a partner in Synergy Consultation Services. Maggie spoke on "Cancer Self-Help Education", a subject very dear to her heart. Maggie outlined the Visualization technique which has had such success in Cancer Self-Help programs and recommended Simonton's book, "Getting Well Again". She stated that there are often definite payoffs to illness in our society. For we can't just take time off from our jobs and situations to suspend time and handle stresses—unless we are ill. As Children, we make decisions about ourselves that influence the rest of our lives. As adults—even teenagers—we no

longer need these programmed decisions to rule our lives, but unless we make the effort to reprogram our lives, we will carry these "I'm a bad guy" impressions with us all our lives. It's hard to change our "how to be a good guy" image of ourselves and express our real feelings, but it can be done. Maggie advised exercise and then relaxation before an Autogenics or Visualization program—as an alternative to getting ill, and/or dealing with stress. "Sit down and put yourself in charge of your life!"

Another rap session with the speakers filled out the day and the program was adjourned with a prayer and friendship circle.

Sunday's program followed the same schedule, with five other interesting speakers and topics for the day. Mike Tierra, Herbologist, Iridologist, Acupuncturist, and Director of the Garden of Sanjivana in Santa Cruz, spoke on "Iridology, Herbology, Acupuncture."

Mike talked on the role of herbs, and how they relate to nutritional balance and body cleansing, then showed slides on the use of Iridology as a diagnostic aid in pinpointing nutritional imbalances and body disfunctions.

Sr. Victor Beasley, of the University of the Trees, Boulder Creek, talked about "Current Advances of Radionics and Homeopathy in Wholistic Health." uniquely balanced, ecologically, in Body", Dr. Beasley gave us a short history of radionics and Radiothesia as diagnostic tools. He stated that the body is an integrated vibratory totality, with cells, organs and chakras exhibiting vibrations which can be measured and evaluated.

He explained the role of homeopathic remedies in the treatment of ailments and bodily disfunctions.

Both Dr. Beasley and Dr. Massey are giving one day seminars on their subjects in Boulder Creek at the University of the Trees.

Dr. Bert Rettner, M.D., D.O., of San Jose practice had as his topic, "The Holistic Physician, Optimal Nutrition, and Human Ecology." Dr. Rettner stressed the importance of advanced diagnostic tools now available through traditional medical channels. He also pointed out the necessity of

regarding each individual as uniquely balanced, ecologically, in their own personal existence. individual differences must be reckoned with in all approaches to health and healing. He particularly emphasized the factor of patient responsibility as vital to holistic approaches. Dr. Rettner defined the term "Holistic" as: The traditional Physician treats diseases and symptoms; the Holistic Physician treats the person."

Rev. Christine Williams, founder and Director of the Morgan Hill Metaphysical Study Center, spoke on "Meditation and Preparing for Healing."

Another Rap Session with the speakers; then lunch enjoyed in the lovely outdoor setting.

The weekend was climaxed by showing the Psychic Surgery films Rev. Williams brought back from the Philippines. They can leave sceptics gasping and grasping for logical excuses, but the films do not lie.

SOLOMON SEMINARS

Another New Age Happening of the season was the Paul Solomon Seminar, held the last week of September at the Cultural Center in Palo Alto, Calif.

Paul, a vital, happy, confident Metaphysical being and teacher, is a man with a dream, who believes in his truth and wants you to believe in YOU and YOUR dreams. Combining older spiritual ideas with New Age thinking has resulted in a series of studies that include: meditation, physical exercise, good nutrition, and keeping a dream journal to bring the physical, mental and spiritual bodies into balance.

Paul Solomon advocates that "The body that is fed and exercised will be dominant. So, why not feed and exercise the spiritual, that it might become dominant in our lives?" Rev. Solomon's special method of meditation uses seven levels, tuning each with a different color to help people to concentrate and direct their thoughts and energies.

Rev. Solomon and his fellow Light Workers are now in the process of building "A City Of Light and a Garden of Beauty" in the lovely Shenandoah Valley of Virginia. This permanent Center will be a home for all kinds of spiritual, artistic and agricultural endeavors—"truly a dream come true" for Paul Solomon.



Paul Solomon talks to a group in Tiburon, Calif.

MEDIATION CONGRESS

The First Meditation Congress met in San Francisco, Calif., the weekend of Sept. 23-24 at the Hilton Hotel. People jammed the halls to get a good seat before Jiyu-Kennet Roshi spoke on the "Art of Meditation." Roshi Kennet, who is from the Shasta Abbey, in Mt. Shasta, presented what we felt was the highlight of the weekend. Her views on meditation were open and frank, and to the point. She stated that many people felt that meditation was simply being aware of your neighbor, loving your neighbor. She also suggested staying away from forms of hypnosis in meditation, stating that the "true purpose was to become one with the Cosmic Buddha (or God-head)". She felt that, today, many people are being brought to meditation and meditation techniques because of fears present in everyday life, but also feels "that without pure meditation nothing will happen. If you are afraid of being grabbed by God, don't meditate. "Being an atheist does not protect you from God, nor does being a scientist protect you from God. True meditation will teach you how to meet a good death, which is but a position in time."

"You do not meditate because you want a healthy body, or want something for your self. You meditate because you want to return to the Cosmic Buddha."

A question asked from the audience was, "What is quietness?" Kennet Roshi's answer: "Quietness can look like meditation, but to know you are meditating look at the results that come from it. If your life changes you are meditating."

Deane Shapiro spoke on "The Science of Meditation", exploring the advantages and limits of researching meditation.

During Saturday afternoon and Sunday morning attendees chose between four workshops. We, as reporters tried to take a quick look at each of the smaller groups, and did manage to have a brief time with Steven Halpern and "Tuning the Human Instrument", (a full report on this young man will be

in our December issue), also with Kathleen Speeth, on "Bringing Meditation into Everyday Life." As usual, Irving Oyle was a delight to hear.

In the program for the Meditation Congress, was the following quote which we thought very appropriate for the occasion, from Alan Watts, "The art of meditation is a way of getting in touch with reality. And reality itself is not a concept. Reality is."



HEALTH FESTIVAL

Saturday, September 30, was proclaimed "A Day of Health Festival" by Dr. J. Mike Dawson, of Mission City Holistic Health. McCabe Hall in the San Jose Civic Center was a busy place, full of exhibits and demonstrations on all kinds of Physical Fitness ideas and how to attain them: Yoga, Karate, Massage, Polarity, Chiropractic, Jogging, Nutrition, Iridology, Holistic Health Awareness, Childbirth Awareness, You name it, they had it.

The lecture program got off to a rather late start, but made up for it by presenting a very interesting set of speakers and topics.

Moderator, J. Mike Dawson, related that "the body of scientific knowledge doubles every 5 years, but if they cannot explain why something works for people, they dub it 'cultism'. So what is cultism today is sure to be the healing art of tomorrow.

Dr. Alan Scopp opened the program, speaking on the theme of his latest book, "Loving Your Body: A Practical Guide to Holistic Health". Dr. Scopp, a licensed psychologist practicing in Santa Clara, Calif., stated that Holistic Health is the promotion of multi-faceted well-being. The Triangle of Health includes: Nutritional, Emotional/Psychological and Physical. The weakest link defines the expression of the whole. Dr. Scopp gave demonstrations of how emotionally-upsetting thought can weaken the whole body, and how to correct this. He also gave a demonstration of how to change any negative habit within your system by doing a "Temple Tap."

Dr. Ed Jarvis, of Pacific Grove, specializes in Chiropractic, Polarity Therapy, Nutrition and Homeopathy. He spoke on the "Concept of Polarity Therapy in the Healing Arts", giving a history of the practice since its beginning with Dr. Randolph Stone, of Australia, in 1921. Dr. Jarvis also stated that "disease begins in the energy levels first and then manifests in the physical levels." "The human being is the only physical creation that manifests in

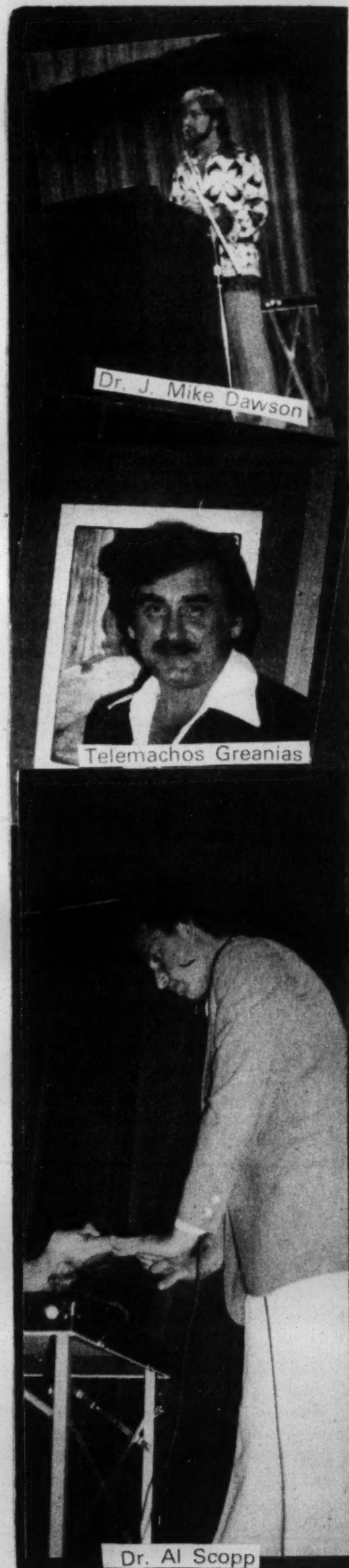
the ether element in an active state—all others are dormant."

Dr. Steven Halpern, of Palo Alto, is the creator of "Sound Health". He discussed "Sound, Stress and Self", the use of Music and Meditation as an adjunct to other healing modalities. Dr. Halpern said the human body is like a crystal receiver or resonant instrument. Dr. Halpern has spent 12 years experimenting with and explaining how the human body responds to sounds. Sound produced stress can cause degenerative disease. Low-frequency sounds are antagonistic to the human body, and the elimination of nauseous sounds will help to strengthen the body. Colors can also be used to weaken you, make you hungry, control your emotions, etc. Music and Color Therapy has been outlawed in this country (because it works—and therefore is "cultism") but is accepted and used in England and Russia. True relaxation is when the whole body is working together—not going in different directions and vibrations. "When the body is working in harmony with everything in the environment there is symphony—being in tune with life!"

Dr. Telemachos Greanias of Los Gatos, spoke next on "Psychogenics—or Mind Induced Healing". Dr. Greanias stated that he had some of his own answers, but ONLY YOU have the answers for you. Instead of asking, "Why is IT doing it to me? Why does IT make me ill? Change 'IT' to 'I—be responsible! Every time a new door opens in the medical field, thousands run begging and clamoring to have someone else 'help and heal them'. We HAVE to do something to help heal ourselves!"

Treat your body as a child. If you hurt—then love it—kiss it—cure it—relax it—and let the material healing processes take over. To find what you should do for yourself, read, study experiment and experience. Whatever you find must be defined on a basis of who and what you are today. Monitor your health, don't monitor the absence of health. You can Train or Retrain your body's health patterns through imagery.

In introducing the next speaker, Dr. Dawson quipped, "Beware of



Dr. J. Mike Dawson

Telemachos Greanias

Dr. Al Scopp

the pregnant woman. That's the most aware state of enlightenment."

Anna Ryan, midwife of San Jose, set out to show how birth can be an enjoyable and memorable experience. If you are planning a baby, you do have choices; midwife or obstetrician; home, hospital, or maternity center. In the old days, the midwives worked with the family unit in total health care. Then it became confined to the birth process. It is now returning to a state of impact. Home birth began with the counter-culture people, willing to take responsibility for their own actions. It is now becoming more of an everyday type of situation. Midwives don't carry any medications or pain pills, etc., but they are trained to recognize what is normal and what is abnormal. They work with the family unit in education, responsibility, sharing and acceptance. Home births allow the man to support his wife during labor, and draws the whole family unit into taking care of the new baby. The midwife also gives post partum care, and extends support for all those phsycological changes the new mother goes through.

A slide show of some 6 different births was shown—powerful pictures, and well-received by the small audience that stayed to view them. Admittedly, not everybody's cup of tea!

Dr. Ernest T. Krebs, the well-known discoverer of Laetrile (vitamin B-17) and Pangamic acid (vitamin B-15) was the last speaker of the day, and was worth much more than the handful of people left to hear him. The lateness of the hour and the "Birth" films drove a lot of people home before the dinner hour.

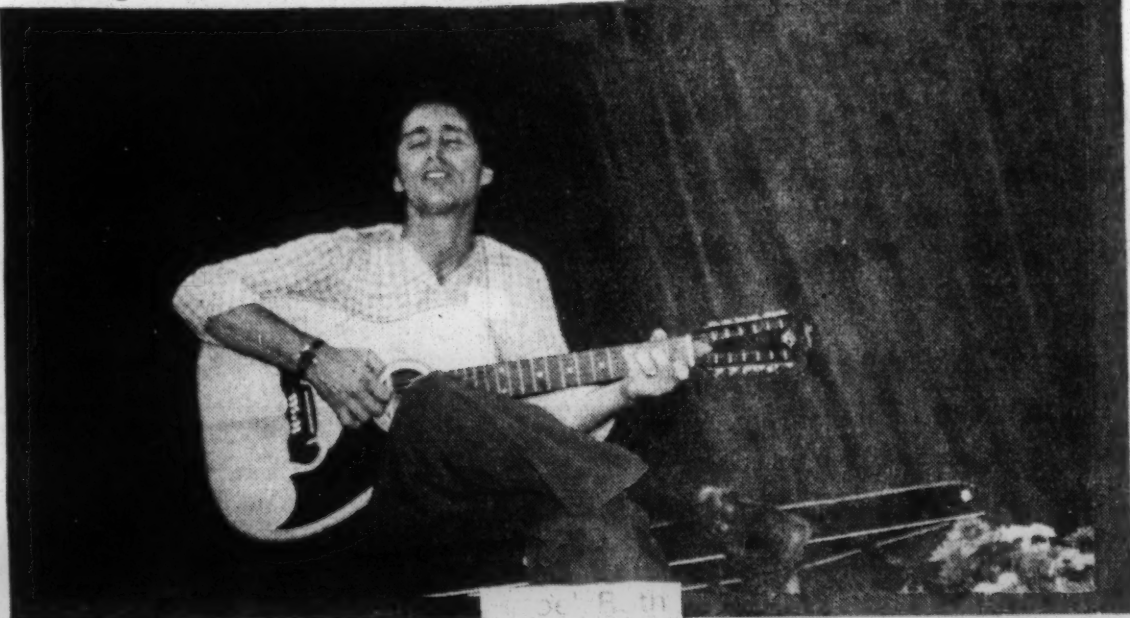
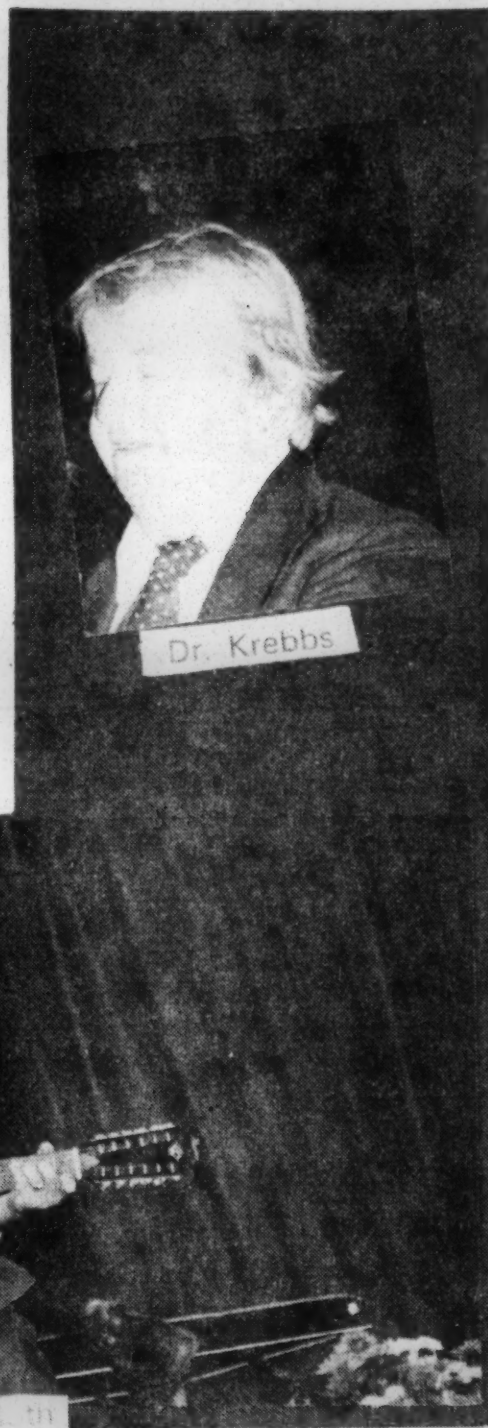
Dr. Krebs was elated that the FDA was finally going to give Laetrile a hearing. The National Cancer Institute sanctions the trial. 2000 patients were to testify; 374 physicians were to validate or deny its curative effects.

Laetrile is now legal in all 50 states. A physician only has to sign a perfunctory statement to allow a patient to buy injectable or oral Laetrile. Laetrile is a non-toxic water-soluble food supplement (Vitamin B-17) found in 11 common fruit seeds. The World Health Organization failed to find a

single cancer case in Hunza during an investigation. This, despite the "fact" that cancer is considered the disease of old age. Hunza's eat the kernels of apricot seeds as snacks. Each seed conains 400 milligrams of B-17. The Hunzas ingest more B-17 in an afternoon snack than we consume in the course of a full year. Most of the other foods eaten regularly in their diet are also rich in B-17. The vitamin B-17 functions by increasing your oxygen intake, so essential to good health.

Deserving honorable mention was the terrific job Noel Roth did entertaining the crowd before the program began, and between speakers.

All told, the "Day of Health Festival" was well done. We are looking forward to the next one.



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CALENDAR OF EVENTS

Closing date for all calendar material is the 5th of the month preceeding the cover date. Please include: date, day, time, location, speaker and subject. This information is necessary to draw attention. Very few responses occur when only a phone number is given. A brief description may be included. Each calendar listing cost only \$3. For information regarding this column please call the Uni-Com office at (415) 493-2973. Only calendar from approved organizations may be accepted.

CALIFORNIA

OCTOBER 30 - Monday

SAN JOSE Oct 30 \$40 7:30-9:30

BASIC PSYCHIC DEVELOPMENT with *VICKIE CUMMINGS*. A six weeks class. PSI Bookstore, 1087 Monroe, Santa Clara.

OCT 28-29 -Sat-Sun

SAN JOSE Oct 28-29 \$40 10-5

CONCEPTUAL UNDERSTANDING OF MAN'S PROCESS OF EVOLUTION with *TONY FISICHELLA*, President and founder of The Students of Esoteric Thought in New York. A brilliant speaker and teacher. Pre-registration suggested. Family of Man, 873 Delmas, San Jose.

NOVEMBER 1 - Wednesday

LOS ANGELES Nov 1 Free-will 7:30 PM

TRANSCENDING MEDITATION - rap and practice session with Dr. Neev's tape 1a. 128 N. Detroit, Los Angeles.

NOVEMBER 2 - Friday

OAKLAND Nov 2-4 \$25 check time

INTA CONFERENCE. Oakland's Hyatt House at the Airport. For information please check with Rev. Ed Jennens, Unity Church, San Jose.

SAN JOSE Nov 3-5 \$40 check time

THE NATURE OF REALITY: A WEEKEND WITH CHUCK MIGNOSA. Learn what is real and what is illusion in your life pattern. The presentation will include practical exercises to allow each person to experience the difference between his/her own reality and illusion. Wear comfortable clothing. Pre-registration necessary. (408) 377-1690. School of Consciousness, 1953 Hamilton, San Jose.

SAN FRANCISCO Nov 3 Fee 8 PM

PERSONA, EXTRAVERSION, AND GROUP with *THAYER A. GREENE*. Public lecture to be followed on Sat and Sunday by a two-day seminar entitled "Satan and Psyche". For information call: (415) 771-8055. Unitarian Church, Franklin and Geary, San Francisco.

UKIAH Nov 3-5 \$125.00 weekend

MYTHS AND PSYCHOLOGICAL INTEGRATION with *ROLLO MAY*. For information and lodging call: (707) 452-3514. Mann Ranch Seminars, Ukiah.

NOVEMBER 4 - Saturday

SAN DIEGO Nov 4 \$25 8 AM-6 PM
STRESS MANAGEMENT for health professionals. *REBECCA VAN SLYKE MARTIN*. "Integrative Healing". a 10 hour workshop for health professionals. California Parapsychology Found., Oneira Hall, 4649 Hawley Blvd., San Diego.

NOVEMBER 5 - Sunday

ASILOMAR (Monterey) Nov 5-10 \$60 + week
CREATING OUR HEALTH: THE CHALLENGE OF HOLISTIC MEDICINE
A week-long conference sponsored by A.R.E. Speakers will be: *DR. GINA CERMENARA*, and *DRS. GLADYS AND BILL McGARY*. For information call: (415) 236-2181. Registration necessary. Asilomar Conference Grounds, Asilomar.

CARMICHAEL Nov 5 11 AM
"IMPOSSIBLE TO RUN AWAY" with *SWAMI SHRADDHANANDA*. Vedanta Society, 1337 Mission Ave., Carmichael.

LOS ANGELES Nov 5 Free 1 PM sharp
AWARENESS FOR GROWTH AND JOY -experiential group. *DR. ELAN NEEV*. First Federal Savings Comm. Room, 464 N. Fairfax, Los Angeles.

SANTA MONICA Nov 5 11 AM
"INTEGRATION INTO DAILY LIFE" with *JOHN COOKSEY*. New Age Bible and Philosophy Center, 1139 Lincoln Blvd., Santa Monica.

REDWOOD CITY Nov 5 7:30 PM
SUNDAY SERVICES - Guest speaker, Trinity Center, 149 Clinton. Redwood City.

NOVEMBER 6 - Monday

SANTA CLARA Nov 6 \$30 7:30 PM
BODY-MIND TRANSFORMATION, a four week class by *REV. KEN O'NEIL*, a Shin Buddhist Priest. PSI BOOKSTORE, 1087 Monroe, Santa Clara.

NOVEMBER 10 - Friday

BAKERSFIELD Nov 10 \$4 8 PM
REINCARNATION, KARMA AND SOCIAL AWARENESS with *GINA CERMENARA*. For info call: (805) 832-0240. First Church of Religious Science, 222 Eureka St., Bakersfield.

LOS ALTOS Nov 10 7:30 PM
GOLD CIRCLE PARTY. We have a right to prosperity. All those understanding abundance and wishing to accept their inheritance invited. For information, (415) 948-1431. 544 Cherry, Los Altos.

SANTA CRUZ Nov 10-12 \$60 weekend
MASTERY OF THE MIND ALPHA AWARENESS SEMINARS with *JUNE HOSKINS d'ESTELLE*. (408) 425-1669. 570 Mountain View Rd., Santa Cruz.

NOVEMBER 11 - Saturday

COSTA MESA Nov 11 \$4 8 PM
THE FIVE DIMENSIONS OF LOVE with *GINA CERMINARA*. (714) 557-2007. Mesa Verde United Methodist Church, 1701 Baker St., Mesa Verde.

DAVIS Nov 11-12 \$37 9:30 AM
BODY PSYCHOLOGY with *MUKUNDA STILES*. A credit/non-credit class. Call (916) 454-6196 to register. University of Davis, Davis.

OAKLAND Nov 11 \$3 8 PM
IMPROVING MENTAL HEALTH with *BETTY BETHARDS*. Using stress as a positive energy, controlling emotions and strengthening your energy field. St. Stephen's Methodist Church, 3755 13th Ave., Oakland.

DAVIS Nov 11 \$35 8:30 AM
POWERS OF THE MIND in health and healing, a one-day conference with *DRS. STANLEY KRIPPNER, THELMA MOSS, and ARTHUR HASTINGS*. Designed to bring health professionals and the general public up to date on potential uses of the powers of the mind in health and healing. University of Davis, Young Hall, Room, 198, Davis.

SAN DIEGO Nov 11 \$25 8-5:30
INTEGRATIVE HEALING with *REBECCA VAN SLYKE MARTIN*. a 10-hour workshop. California Parapsychology Found., Oniera Hall, 4649 Hawley Blvd., San Diego.

NOVEMBER 12 - Sunday

CARMICHAEL Nov 12 11 AM
"VEDANTA IN THEORY AND PRACTICE" with *SWAMI SHRADDHANANDA*. Vedanta Society, 1337 Mission Ave., Carmichael.

REDWOOD CITY Nov 12 7:45 PM
SUNDAY EVENING SERVICES - Guest speaker. Trinity Center, 149 Clinton, Redwood City.

SANTA MONICA Nov 12 11 AM
"AFFIRMATIONS OF WHOLENESS" with *FRANCES ADAMS MOOR*. New Age Bible and Awareness Center, 1139 Lincoln Blvd., Santa Monica.

NOVEMBER 14 - Tuesday

BERKELEY Nov 14 \$60 8 PM
BASIC JIN SHIN ACUPRESSURE COURSE. Six weeks, *MICHAEL REED GACH*. For info call: (415) 845-1059. Acupressure Workshop, 1533 Shattuck Ave., Berkeley.

LOS GATOS Nov 14 \$3 8 PM
IMPROVING MENTAL HEALTH with *BETTY BETHARDS*. Using stress as a positive energy, controlling emotions and strengthening your energy field. Nordahl Hall, 580 W. Parr Ave., Los Gatos.

NOVEMBER 15 - Wednesday

LOS ANGELES Nov 15 \$3 7:30 PM
PSYCHIC PAIN RELIEF with *DR. ELAN NEEV*. rap and practice. 128 N. DEtroit, Los Angeles.

SAN FRANCISCO Nov 15 \$3 8 PM
IMPROVING MENTAL HEALTH with *BETTY BETHARDS*. Using stress as a positive energy, controlling emotions and strengthening your energy field. First Unitarian Church, Franklin and Geary, San Francisco.

NOVEMBER 16 - Thursday

BAY AREA Nov 16 9:30 AM
THE MORNING SHOW with *SYLVIA BROWN* as guest. Channel 5. San Francisco.

NOVEMBER 17 - Friday

COTATI Nov 17-19 \$60 Fri 6:30
MASTERY OF THE MIND ALPHA AWARENESS SEMINAR with *JUNE HOSKINS d'ESTELLE*. For info call: (707) 795-357. 8462 Larch, Cotati.

LOS ANGELES Nov 17 Fee 8 PM
EARTH GODS by *DR. RUSS MICHAEL*. Pyramid Room, 128 N. Detroit, Los Angeles.

LOS GATOS Nov 17 Fee 8 PM
A TALK ON WALDORF EDUCATION by *TRIXIE AHERNS*. Preliminary to the building of a Waldorf school in Los Gatos. St. Lukes Church, Parish Hall, 20 University Ave., Los Gatos.

SANTA BARBARA Nov 17-19 \$33 weekend
CHARISMATIC RETREAT with *FATHER BILL ADAMS*. Casa De Maria, 800 El Bosque Rd., Santa Barbara.

NOVEMBER 18 - Saturday

LOS ANGELES Nov 18 \$15 1-5
BUILDING AN ADEPT SELF-IMAGE with *DR. RUSS MICHAEL*. Pyramid Room, 128 N. Detroit, Los Angeles.

SAN FRANCISCO Nov 18 \$15 9-5
THREE JEWELS IN THE LOTUS, A day with *RAM DASS, JACK SCHWARZ* and *PATRICIA SUN*. Emphasis on a flowing and spontaneous form, each presenter will speak separately, and in the final hour, all three will come together to share. Masonic Auditorium, San Francisco.

SAN FRANCISCO Nov 18 \$40 10-4
PATHWAYS TOWARD WHOLENESS-PSYCHOLOGICAL DEVELOPMENT OF THE FEMININE with *JEAN SHINODA BOLEN*. Jung Institute, 2040 Gough, San Francisco.

SAN JOSE Nov 18 \$15 10-5
PSYCHIC EXPLORATION AND SELF-DEVELOPMENT with *REV. RICHARD and GERRY BLUTE*. Family of Man, 973 Delmas, San Jose.

PALO ALTO Nov 18 \$100 9-5
SPLendor OF SELF SEMINAR with *SYLVIA BROWN*. Reservations. Cabana Hyatt House, Palo Alto.

NOVEMBER 19 - Sunday

CARMICHAEL Nov 19 11 AM
"IN SEARCH OF A REDEEMER" with *SWAMI SHRADDHANANDA*.
 Vedanta Society, 1337 Mission Ave., Carmichael.

LOS ANGELES Nov 19 \$15 1-5
SUCCESS FORMULA - workshop by author *DR. RUSS MICHAEL*.
 Pyramid Room, 128 N. Detroit, Los Angeles.

OAKLAND Nov 19 7:30 PM
INTRODUCTION TO SIDDHA YOGA. Siddha Yoga Dham Center,
 1197 Stanford, Oakland.

REDWOOD CITY Nov 19 7:45 PM
SUNDAY EVENING SERVICES with *REV. BETH GRAY*, Trinity
 Center, 149 Clinton, Redwood City.

SAN JOSE Nov 19 \$25 all day
REGRESSION SEMINAR. Demonstrations and group experiences.
LAVONNA STILLMAN. Call 377-1690 School of Consciousness,
 1953 Hamilton, San Jose

SANTA MONICA Nov 19 11 AM
"ESOTERIC PASSAGES" with *REV. BENJAMIN COLIMORE*. New
 Age Bible Cente, 1139 Lincoln Blvd., Santa Monica.

NOVEMBER 21 - Tuesday

SACRAMENTO Nov 21 \$3 * PM
IMPROVING MENTAL HEALTH with *BETTY BETHARDS*. Using
 stress as a positive energy, controlling emotions and strengthening
 your energy field. Caravan Inn, (Solarium Room), 2300 Auburn
 Blvd., Sacramento.

SANTA BARBARA Nov 21 Free all ay
RETREAT DAY WITH THE PEACE PILGRIM. A day of sharing with
 the one who has walked 25,000 miles on foot for peace. La Casa
 De Maria, 800 El Bosque Rd., Santa Barbara.



I AM A HANDMADE PERSON
 FROM THE TOP OF MY HEAD TO THE END OF MY TOES.
 MY HAIR IS SILK — MY EYES ARE DIAMONDS
 MY EARS ARE EMERALDS — MY MOUTH IS A ROSE
 MY TEETH ARE PEARLS — MY BELLY BUTTON IS A RUBY
 MY SOUL IS GOLD — MY HEART IS PURE
 MY FINGERS ARE PEARLS — MY TOES ARE IVORY

I AM A HANDMADE PERSON AND MY SPIRIT IS PURE FIRE WITH
WATER RUNNING THROUGH COOL BROOKS AND BOUNCING OVER
THE CLOUDS AT MY FEET OF LOVE — ON COTTEN CANDY DAYS
FASHIONED ON STRAWBERRY FIELDS OF LOCUST BLOSSOMS
PERFUMING THE AIR.

I AM A HANDMADE PERSON AND MY AURA IS PURE GREEN AND MY
BEING FLOATS ON THE EDGE OF TIME AND BEAMS ENERGY TO ALL
WHO COME AND ASK

I AM A QUEEN OF THE NIGHT
AN ANGEL OF THE DAY
I AM A HANDMADE PERSON
AND I LIKE ME THAT WAY.

NOVEMBER 23 - Thursday

SAN JOSE Nov 23 5:30 PM
PILLARS OF PROMISE INVITES YOU TO THANKSGIVING DINNER.
 Potluck plus \$1. Come join us for feast and friendship. Pillars of
 Promise, 945 Willow St., San Jose.

NOVEMBER 24 - Friday

ST. HELENA Nov 24-26 \$100 weekend
ENLIGHTENMENT INTENSIVE mastered by *DEVARSHI*. Fee
 includes room and board. Anubhava School of Enlightenment, 3100
 White Sulphur Springs Rd., St. Helena, Ca. 94574.

NOVEMBER 25 - Saturday

PALO ALTO Nov 25 \$3 8 PM
IMPROVING MENTAL HEALTH with *BETTY BETHARDS*. Using stress
 as a positive energy, controlling emotions and strengthening your
 energy field. Chinese Community Center, 3065 Middlefield, Palo
 Alto.

NOVEMBER 26 - Sunday

CARMICHAEL Nov 26 11 AM
"EXAMINING IMMORTALITY" with *SWAMI SHRADDHANANDA*.
 Vedanta Society, 1337 Mission Ave., Carmichael.

REDWOOD CITY Nov 26 7:45 PM
SUNDAY EVENING SERVICES with *REV. BETH GRAY*, Trinity
 Center, 149 Clinton, Redwood City.

SANTA MONICA Nov 26 11 AM
"THE SPIRITUAL MYSTERY OF NORTH AMERICA" with *ROGER*
COLLIS. New Age Bible Center, 1139 Lincoln Blvd., Santa Monica.

I AM A HANDMADE PERSON

By Sue Charles from her book "Patchwork Feelings"

QUARTZ CRYSTAL



Pyramid Quartz Crystal Necklace

Each piece is uniquely different in design. Pyramid is approximately $\frac{3}{4}$ in at the base.

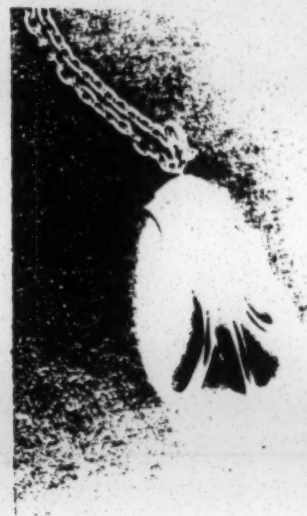
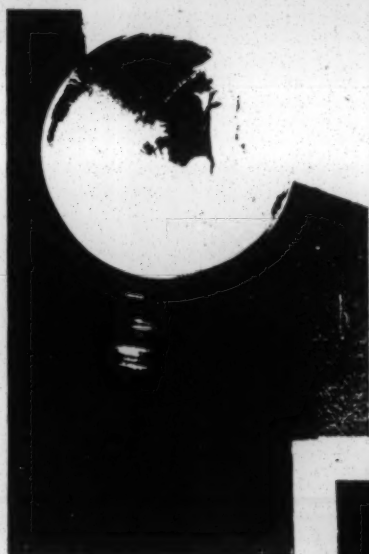
\$38.00 each



Quartz Crystal Ball

These pieces are made from natural quartz crystal. Approximately 57mm.

\$190.00



**Clear Quartz Baroque Neck-
lace**, mounted with Sterling
Silver Wire. Each piece shaped
differently.

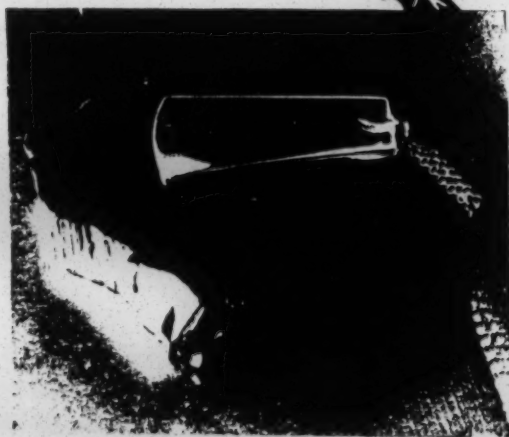
\$15.00



Hand Carved Quartz Pendant

One of a kind, hand carved optical
quartz pendant. Approximately
two inches in length. Sterling
Silver chain.

\$60.00



Baroque Amethyst Pendant

Each piece $\frac{1}{2}$ to $\frac{3}{4}$ inch in length,
polished in amethyst (quartz).

\$10.00



Clear Quartz Pedant

Baroque pendant approxi-
mately 1 inch long. Chain
included.

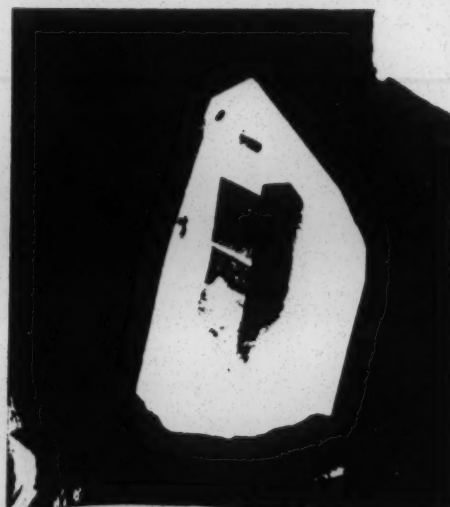
\$10.00

CRYSTALS ARE ENERGY CONDUCTORS

Worn on the body they become
accumulators of energy which acts both as
transmitter and shield against negative
energies.

RAINBOW REFLECTIONS

P.O. Box 11575, Palo Alto, Ca. 94306



NATURAL QUARTZ SPECIMANS

Beautiful pieces as nature grows
them. Each piece is different. Size
varies from 2" - 3" in height. Points
sharp.

\$15.00

ONGOING

ANTIOCH

MEDITATION CLASSES

Meditation and psychic development classes. Judy Belle, 2209 Sherman Ct., Antioch, Ca. 94509 (415) 754-4279.

BERKELEY

KRIPULA YOGA CENTER

Complete Hatha Yoga program. Discourses on Truth & Chanting to the Divine every Mon., Wed., Fri., Sun., 7:30 PM, with Yogeshwar Muni, teacher. Kripula Yoga Center, 2200 Parker St., Berkeley, (415) 845-5268.

BOULDER CREEK

UNIVERSITY OF THE TREES

Offers courses in meditation, Evolution in the Family, Universal Government by Nature's Laws, Pyramid Energy, Alternative Energy Systems, Supersensonics (dowsing & divining) and many more. Courses can be taken by correspondence or in residence. Degree credit possible. For info and catalog write: University of the Trees, Box 644P, Boulder Creek, Ca. 95906. Chanting, lectures, meditation every Fri. 7:30 p.m., 13185 Pine St., Boulder Creek.

CAMPBELL

MUKTANANDA SIDDHA MEDITATION CENTER

Siddha Yoga: The perfect yoga. Experience the inner self by following the path of the realized masters. Regular satsang meetings Chanting & meditation every Sunday even. at 7:30 PM. 430 East Central, Campbell. (408) 378-7491.

CARMICHAEL

VEDANTA SOCIETY

Sunday Services, 11 AM. Upanishads Class, Wed. 7:30 PM. Discourse on Hamakrishna, Sat 7:30 PM. 1337 Mission Ave., Carmichael. (916) 488-5137.

OUR CHURCH - SPIRITUALIST

Sunday Services, 10:30 AM. Meditation, and message circle during the week. (916) 967-5005. Rev. Gladys May Bean, 5919 Palm Dr., Carmichael. (Behind Army-Navy store.)

FOUNDERS CHURCH

Carmichael Services. Sundays & Wednesdays, 7:30 PM Rev. W.S. Dickenson, 5919 Palm Dr., Carmichael.

CASTRO VALLEY

ANA FOUNDATION

Metaphysical church. 20204 Catalina Dr. Castro Valley. Lynn Davis.

CORTE MADERA

MIRACLE SINGING EXPERIENCE

Sunday evenings 7:30 PM. Healing - singing - "Course in Miracles", 5627c Paradise Drive, Corte Madera.

DAVIS

SUFI GROUP OF DAVIS

Sufi Universal Worship Services, 1st Sunday of each month. 1:30 PM. Unitarian Church of Davis. Sufi Dances of Universal Peace, Sacred Music of the World and Mediation, Tuesdays 7:30 PM. UC Davis. Call 666-1456.

SETH WORKSHOPS

For time and place, call: Libby at (916) 756-1749.

FAIR OAKS

SUMMIT LIGHTHOUSE

Teachings of the Ascended Masters. Meditation, Healing & Decree Services, Seminars, Lectures & Classes. Sherman Dunn, (916) 331-6334.

LAKE TAHOE

CHURCH OF RELIGIOUS SCIENCE

Sunday Services at noon in the Love Building, Stateline. Classes in the Science of Mind. Discussion groups, seminars, counseling by co-ministers Rev.'s Gil and Gail Linsley. 635 U.S. Highway 50. P.O. Box 1519, Zepher Cove, Nev. (Lake Tahoe) (702) 588-2822.

LOS ANGELES

THE CHURCH OF LIGHT

Classes held daily (except Fri.) at 659 St. Andrew's Place. Natal Astrology, (Beginning and Advanced) Mundane Astrology, Horary Astrology, Astrodynes, Tarot, Alchemy, Esoteric Psychology, Personal growth workshops on Sat. Open House discussion groups on Sunday. Public Welcome.

FELLOWSHIP OF UNIVERSAL GUIDANCE

Saturday evening programs are held at Theosophical Auditorium, 2560 Beachwood Drive, Hollywood. (213) 661-7570. Center is at 1674 Hillhurst, Los Angeles.

UNIVERSAL CHRIST CHURCH

Sunday Services, 10 AM. Classes, meditation during week. (213) 769-7056. 1704 W. Venice Blvd., Los Angeles.

ARCANA WORKSHOPS

Weekly workshop training in an occidental approach to meditation appropriate for today's living. Includes a systematic study of human nature and the types of energy and levels of consciousness that make up the field of evolution, and a cultivation of creative imaginative thinking on behalf of the Common Good. Correspondence training also available. Entrance Questionnaire available on request. For more information contact: Arcana Workshops, 407 No. Maple Dr., #214, Beverly Hills, Ca. 90210, (213) 273-5949 or 540-8689.

MORGAN HILL

MORGAN HILL METAPHYSICAL STUDY CENTER

P.O. Box 484, Morgan Hill, Ca. 2nd & 4th Tuesday, Morgan Hill Public Library 8 PM.

MOUNTAIN VIEW

MEDITATION AND HEALING

Every Monday eve. Mercury Savings and Loan, 350 Showers Dr., Mt. View. Sue Beavis.

NEVADA CITY

A.R.E. SEARCH FOR GOD GROUP

Call for time and location. Hazel Estes. (916) 265-2087.

NORTH HIGHLANDS

MEDITATION GROUP

Rev. Ray L. Dover Zim. T.M., Yoga. Each Fri. 8 PM, 566 S. Verde Way, North Highlands. (916) 332-5580.

ORANGEVALE (Sacramento)

RELIGIOUS SCIENCE CREATIVE LIVING CENTER

Sunday Services, 11 AM. Science of Mind Classes. Yoga classes, others. For info call: (916) 988-8500. 6035 Main Ave., Orangevale.

PALO ALTO

WHOLE LIFE CENTER

Classes taught on a regular basis. Meditation and Healing. Open lectures every Friday evening. Whole Life Center, 3437 Alma, Palo Alto.

PARADISE

A.R.E. SEARCH FOR GOD GROUP

Call for location. Zell Head. (916) 877-2515.

REDWOOD CITY

TRINITY CENTER

7:45 PM - Healing, (appointments) meditation, lecture, and demonstrations of higher sensory perception. Psychic and spiritual counseling. Rev. Beth Gray. 149 Clinton, Redwood City. 415-851-7404.

RESCUE

A.R.E. SEARCH FOR GOD GROUP

Call for time and location. Fay Bolger (916) 933-0411.

SACRAMENTO—ORANGEVALE

Religious Science Creative Living Center

Sunday Services, 11 AM. Science of Mind classes. Yoga classes AND OTHERS. Dial-a-treatment. (916) 988-7288. For info. call: (916) 988-8500. 6036 Main Ave., Orangevale

SACRAMENTO

ALPHA AWARENESS TOASTMASTERS CLUB

Fri. 7:30 PM, 2150 Watt Ave., San Francisco Federal Savings and Loan. Sacramento.

A.R.E. SEARCH FOR GOD GROUP

Greater Sacramento Area - Call for time and location. (916) 966-2292. Gary Mangrum.

A.R.E. SEARCH FOR GOD GROUP

Sacramento North - Call for time and location. Pat Banahan (916) 487-5763.

AWARENESS ALLIANCE

One of the most interesting new age gatherings in Sacramento. Forums, 3rd Tuesday of every month held at SMUD Auditorium, 6201 S St., 8 PM. No charge. (parapsychology, metaphysics.) P.O. Box 13591, Sacramento, Ca. 95813. (916) 351-0437.

BIOFEEDBACK EDUCATIONAL CENTER

Biofeedback instruction, group and individual in a pleasant non-clinical setting with the most up-to-date biofeedback instruments. Biofeedback is a means for increasing self-awareness, self-control and control stress. 2100 Watt Ave., Sacramento.

HOUSE OF PEACE AND LOVE

Many home study, meditation, healing and practice channeling groups. Channeling by Frank Dixon, Call Gene Cottle, (916) 7369.

INNER GROWTH CENTER

Silva Mind Control classes. Consciousness growth expansion, yoga, parapsychology, tantra & other classes. (916) 487-3730. 3900 Auburn Blvd., Sacramento.

SETH WORKSHOP

For information call: Mary Agnes, (916) 446-0885.

METAPHYSICAL SCIENCE CENTER

Weekly classes thorough grounding in metaphysics, color & hypnosis. Rev. Walter Hughes. 2129 hacienda Way, Sacramento. (916) 483-4331.

ROSICRUCIAN ORDER A.M.O.R.C.

Round table discussion first and third Sunday of month. Sumitomo Bank, 1800 Arden Way, Sacramento. 9:45 AM.

SETH WORKSHOP

For information call: Betty (916) 487-2225.

YOGA

Collected Consciousness. Instr. Mukunda. 2120 Canterbury Rd., (916) 929-0240.

SAN JOSE

CHURCH OF INNER WISDOM

Metaphysical teaching organization. Classes in spiritual psychic development are held throughout the Bay area, and by correspondence. For info call (408) 247-8750 or write: P.O. Box 26615, San Jose, Ca. 95159.

FAMILY OF MAN

Sunday Celebration at 10:30 AM. Sunday evening meditation hour. Classes in psychic development, spiritual law, and esoteric understanding. 873 Delmas, San Jose.

LIFE SCIENCE CENTER

1765 Scott blvd. Suite 202. Santa Clara. Feel, see, experience the expansion and development of your spiritual awareness. Classes. (408) 241-2303 or 287-4843.

MEDITATION

Classes, meditation, Dr. Sri Yogijari Evangelos Alexandrou (Baba). Christiananda Center, 977 Ashbury, San Jose.

PILLARS OF PROMISE

Sunday Services 10:30 AM. Ongoing Creative Workshop on Wednesday evenings at 7:30 PM. First Wed. Healing, 2nd & 3rd, Creative workshop, 4th Wed. is Psychic Development. 945 Willow, San Jose.

SAN JOSE BRANCH THEOSOPHICAL SOCIETY IN AMERICA

Weekly programs. Fridays 7:30 PM. 10810 Wunderlich Drive, Cupertino. (408) 623-4947.

SUFI DANCING

Monday evenings 8 PM, Song, dance and chant. Thursday evening meditation, First Unitarian Church, 160 No. Third St., San Jose.

RADIANT LIFE CENTER

Ongoing classes, Group meditation, Samadhi meditation, Dreams, etc. Edythe Willi, Joseph Martinez. 2840 So. Bascom, San Jose.

SAN FRANCISCO

CALIFORNIA INSTITUTE OF ASIAN STUDIES

3439 21st St. San Francisco. (415) 648-1489. Classes held Monday thru Sat. Innovating programs include: Integral Counseling Psychology, Esoteric Wisdoms, Meditation, Techniques of Yoga, Tantra, Sufism, Christianity, and Jewish Mysticism.

CALIFORNIA YOGA TEACHERS ASSOC.

Instruction for yoga teachers. Classes daily & weekly. 1736 Ninth Ave., San Francisco.

WISDOM AND LIGHT CENTER

Sundays. Healing, lecture, messages. 2 PM. Rev. Bertha Payer. 2156 Market St., San Francisco.

SANTA MONICA

NEW AGE BIBLE & PHILOSOPHY CENTER

Sunday services 11 AM. Classes during the week. 1139 Lincoln Blvd. Santa Monica.

STOCKTON

NEW MINDS UNLIMITED

Meditation, discussion, classes, home study. Dr. De Laney. (209) 463-4347.

TIBURON

CENTER FOR ATTITUDINAL BEHAVIOR

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OAKLAND

APPLIED SCIENCE OF MIND CENTER

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THE UNI-COM FOUNDATION

and what it represents



Today, more people than ever before are beginning to investigate the inner nature of things. Call it the "Occult Explosion", "Metaphysical Awakening" or the "Human Potential Movement", the result has been the development of a score of organizations, teachers and practices. As an individual who is deeply interested in these developments, you have probably, like ourselves, sat back in wonderment at all these forms and formulas. Perhaps you have even asked yourself the question—"How do I begin to sift through all of this information." I believe that we can help you find an answer to that question.

The Uni-Com Foundation was established in 1970 to gather and disseminate information concerning the "New Age" movement. UNiversal COMMUNICATIONS is, we believe, an essential requirement towards the evolutionary development of humanity. If we are to grow in understanding, of ourselves and our place in the universe, then we must communicate. Not being associated with any particular group, teacher or creed, Uni-Com attempts to provide an unlimited and objective approach for all groups, individuals and practices. How do we accomplish this?

One of our chief activities is publishing. The Uni-Com Guide, is a monthly magazine which presents articles running the full gamut of the "New Age" Movement. Magnetic Healing, Pyramidology, Reflexology, Witchcraft, Dowsing, Psychic Phenomena, Vegetarianism, Theology, Psychology—are only a few of the subjects that have been presented through the Guide. A monthly calendar of events, as well as on going activities are listed by geographical location so that each of us is kept informed of what is going on in our own areas. On occasion, the Guide has been privileged to present synopses of research reports on topics of interest and importance to our community. In addition to the Guide, the Foundation has been involved with the publication and the distribution of books, pamphlets and research reports on numerous topics.

Another activity of the Foundation has been to serve in a liaison capacity for both groups and individuals. To this purpose we have sponsored and co-sponsored lectures, workshops, seminars and conventions. In many instances, in order to broaden the dissemination of these programs, we have made audio recordings which are available to those unable to attend in person. In the future, we hope to increase the scope of our recording efforts by making video tapes.

By this time, you are probably wondering how all this affects you. As a member of the Uni-Com Foundation, you will be directly participating in the kind of universal communication which is the matrix for the "New Age." In addition to receiving the Uni-Com Guide which will keep you abreast of current events, you will receive "Vistas", a quarterly report to the members, which will advise you on significant issues prior to publication and in certain situations on issues which will not be for publication. As a member you will be entitled to a members rate in attending certain sponsored programs. In addition, as new books and items become available, you will be entitled to a members discount. (As a member you will be supporting our efforts towards greater communications and cooperation between all of the various phases of parapsychology which may open new doors for the further development of our innate human potential. Of course, we welcome your participation in the foundation to as deep a degree of involvement as you care to attend. All members will receive certain benefits.)

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